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# I ALWAYS KNOW

## WHEN MY GLUCOSE LEVEL CAN GO ANOTHER MILE

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\*Dexcom G5 Mobile User Guide, 2015

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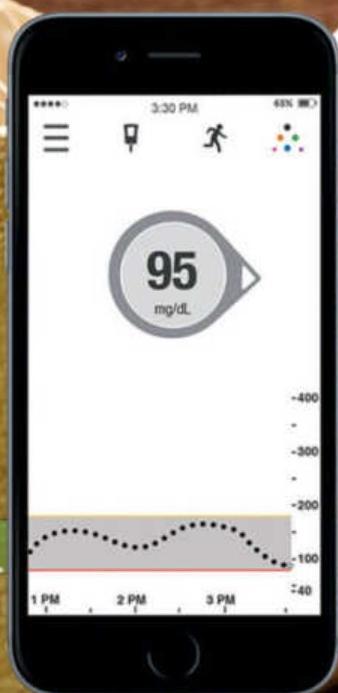
**BRIEF SAFETY STATEMENT** The Dexcom G5 Mobile Continuous Glucose Monitoring System is a glucose monitoring system indicated for detecting trends and tracking patterns in persons (ages 2 years and older) with diabetes. **CONTRAINDICATIONS** Remove the System before MRI, CT scan, or diathermy treatment. The device is MR Unsafe. Do not bring any portion of the System into the MR environment. Taking acetaminophen while wearing the sensor may falsely raise your sensor glucose readings. **WARNING** Do not use the System for treatment decisions. The System does not replace a blood glucose meter. The System is not approved for use in pregnant women, persons on dialysis, or critically ill persons. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have infection or inflammation. Report broken sensors to Dexcom Technical Support. Sensor placement is not approved for sites other than under the skin of the belly (ages 2 years and older) or upper buttocks (ages 2–17 years). Your smart device's internal settings override your app settings. Accessory devices (like a smart watch) might override your smart device's alert and notification settings. The Share feature must be turned "On" with an active internet connection to communicate glucose information to a Follower. The Follower must download and install the Dexcom Follow App onto a separate smart device with an active internet connection to receive data. Contact Dexcom Toll Free at 877-339-2664 or [www.dexcom.com](http://www.dexcom.com) for detailed indications for use and safety information.

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# I ALWAYS KNOW

## WHEN HER GLUCOSE LEVEL WILL LET HER SLEEP A LITTLE LONGER

IF YOUR LOVED ONE HAS DIABETES, NOW YOU CAN ALWAYS KNOW HER GLUCOSE LEVEL WITH THE NEW DEXCOM G5™ MOBILE CONTINUOUS GLUCOSE MONITORING (CGM) SYSTEM. IT SENDS READINGS EVERY FIVE MINUTES\*— AND ALERTS WHEN NECESSARY — FROM A SMALL, BODY-WORN SENSOR TO YOUR SMART DEVICE.\*\* YOU WILL ALWAYS KNOW HER LEVEL, SO SHE CAN AVOID HIGHS AND LOWS.



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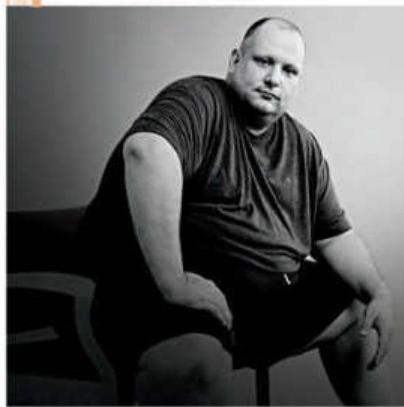
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SPRING 2016

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# MOVE



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# Baby steps. Big changes.

I spend a lot of time on vacation feeling bad. It's crazy because I love going places.

The problem is I tend to eat way too much on the road. Then I feel terrible about it. And I do it all again the next day.

It's tough to stay on track with food when I'm out of my usual routine. I've done a lot of travel writing, which usually means sampling the local fare. Fish tacos in San Diego. Pasties in Traverse City. Runzas in Lincoln. Posole in Albuquerque. Horse jerky in Switzerland (long story).

But all that food passion is catching up with me; I can't eat like a kid anymore. Yet when I try to curb my enthusiasm, I blow it.

Why can't I get a handle on the overeating thing? Why don't I just stop when I'm full? Will I ever look like the mysterious and svelte traveler that I dreamed of being when I was a kid? Or will I always be the lady who has to wear loose pants to dinner? Why are none of these things a problem for my equally excitable husband, who eats like a whale but is shaped like a pencil?

But here's the thing: I'm getting too old for all the self-loathing. I'm tired of beating myself up for doing things I love.

So what am I going to do about it?

Editing this magazine has taught me that a lot of it comes down to simple math. If I know I'm going to splurge on most travel days, I have to move far more than I usually do. I am not in any position to gain weight (says my doctor), so I've got to take a woodsy hike in the morning, or walk the city sights rather than cabbing it, or visit the museum with hundreds of thousands of square feet of things I'm really interested in.

Earn my splurge, so to speak, so I don't feel so bad about it.

I've incorporated that idea into a new section called "10,000 Steps." We'll tell you about popular destinations and some great places to get in your daily step count. (We begin in New Orleans. Yay, Mardi Gras!)

The idea came from a work trip to New York with Michelle Bilyeu, our creative director. After a big meeting, we had

dinner at Bouley, a terrific restaurant whose chef, David Bouley, loves to spoil customers who have special dietary needs. (Lou Reed, who had type 1 diabetes, once said he didn't have to bolus when eating there.)

Of course, I overdid it. I started to feel horrible, until Michelle and I made an alternate plan. I'd always wanted to see The Cloisters, a sprawling museum set like a castle in an ancient garden on the northern tip of Manhattan. We got off the subway a few stops early so we'd walk even more.

Instead of feeling guilty that day, I felt more like the person I want to be.

Small steps toward big changes.

I'll get there.  
You will, too.  
We'll do it together.

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## MEET OUR ADVISERS



## THE FOLLOWING HEALTH, FOOD, AND FITNESS PROFESSIONALS REVIEW ARTICLES THAT APPEAR IN DIABETIC LIVING® MAGAZINE.

**Marjorie Cypress**, Ph.D., CNP, CDE, is a diabetes nurse practitioner in the department of endocrinology at ABQ Health Partners in Albuquerque. She is the president for Health Care and Education for the American Diabetes Association.

**Joanne Gallivan**, M.S., RD, is executive director of the National Diabetes Education Program at the National Institutes of Health. She is a member of the Academy of Nutrition and Dietetics Diabetes Care and Education Practice Group.

**Sharonne Hayes**, M.D., FACC, FAHA, is a cardiologist and founder of the Women's Heart Clinic at Mayo Clinic in Rochester, Minnesota. She maintains an active medical practice focusing on preventive cardiology and heart disease in women.

**Marty Irons**, R.Ph., CDE, practices at a community pharmacy and also served in industry and the military. He presents at diabetes education classes and is an author.

**Irene B. Lewis-McCormick**, M.S., CSCS, is a fitness presenter and is certified by leading fitness organizations. She is an author, educator, and faculty member of the American Council on Exercise.

**Chef Art Smith**, star of Bravo's *Top Chef Masters* and former personal chef for Oprah Winfrey, has type 2 diabetes. He's the winner of two James Beard Awards and founder of Common Threads, which teaches healthful cooking to low-income kids.

**Hope S. Warshaw**, M.M.Sc., RD, CDE, is a writer specializing in diabetes care. She has authored several American Diabetes Association books and is the president-elect of the American Association of Diabetes Educators.

**John Zrebiec**, M.S.W., CDE, is director of Behavioral Health Services at the Joslin Diabetes Center in Boston and a lecturer in the department of psychiatry at Harvard Medical School.

## ASK OUR EXPERT



MARJORIE CYPRESS,  
Ph.D., CNP, CDE

**Q:** How often should a person with diabetes see a diabetes educator?

**A:** Diabetes is a chronic disease that requires self-management education and support (DSME/S) to help you navigate through it all.

Diabetes education is an ongoing process. Just because you learned something when you were newly diagnosed doesn't mean you're finished with DSME/S.

As we age, our bodies and circumstances change, which can influence diabetes control. Seeing a certified diabetes educator (CDE) can help maintain steady health throughout your life.

Several diabetes-related organizations recommend that when you're newly diagnosed, you should see a CDE to learn self-

management skills, then visit each year after to review knowledge, skills, and behaviors.

Other times to visit a CDE:

- Changes in medication, activity, or food intake.
- A1C is out of target range.
- Concerns about weight or nutrition.
- If you plan to become pregnant or you're already pregnant.
- Unexplained hyperglycemia or hypoglycemia.
- Lifestyle changes such as a new living situation.
- Complicating factors such as kidney disease or stroke.
- Emotional issues like diabetes distress, depression, and anxiety.
- Changes in insurance.



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## HEAR FROM US!

We know that small changes can yield big health results. What's one change you plan to make this year?

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SPRING 2016

"Get more sleep!"

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"More water (less soda)! Water prevents dehydration, helps keep you fuller longer, flushes bodily toxins, and keeps skin looking vibrant."

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"Black coffee only. No more of the foo-foo sweet stuff!"

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"I'm going to start swimming again and get at least 30 minutes of exercise five times a week."

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# TAKE CHARGE!

BY Marsha McCulloch, RD, LD

## What Supps?

Herbal supplements aren't always what they say they are.

A study in the journal *BMC Medicine* used DNA technology to test 44 herbal products sold by 12 companies. Almost 60 percent of them contained plant species not listed on the label, and one bottle labeled as St. John's wort contained a plant with laxative properties not intended for prolonged use.

The U.S. Food and Drug Administration verifies all prescription drugs, but it does not review herbal or dietary supplements.

To see how your favorite supplement stacks up, click on [usp.org](http://usp.org), the website for the nonprofit U.S. Pharmacopeial Convention (USP) that sets standards for medicine, food ingredients, and supplements.

The USP has a voluntary testing program for manufacturers, and those that pass the stringent testing are awarded a seal for use on labels. Some brands with passing grades are NatureMade, TruNature, Kirkland Signature (Costco's house brand), and Berkley & Jensen.

—Martha Miller Johnson



## STANDING UP TO TYPE 2

If the word prediabetes has come up in discussions with your health care provider, you're not alone—86 million people live with prediabetes, which means having higher-than-normal blood sugar levels but not high enough for a diabetes diagnosis. Yet nine out of 10 people living with the condition are unaware.

The Centers for Disease Control and Prevention and the American Medical Association are joining forces to get the word out about both prediabetes and type 2 diabetes through the Prevent Diabetes STAT campaign, encouraging people to Screen/Test/Act Today.

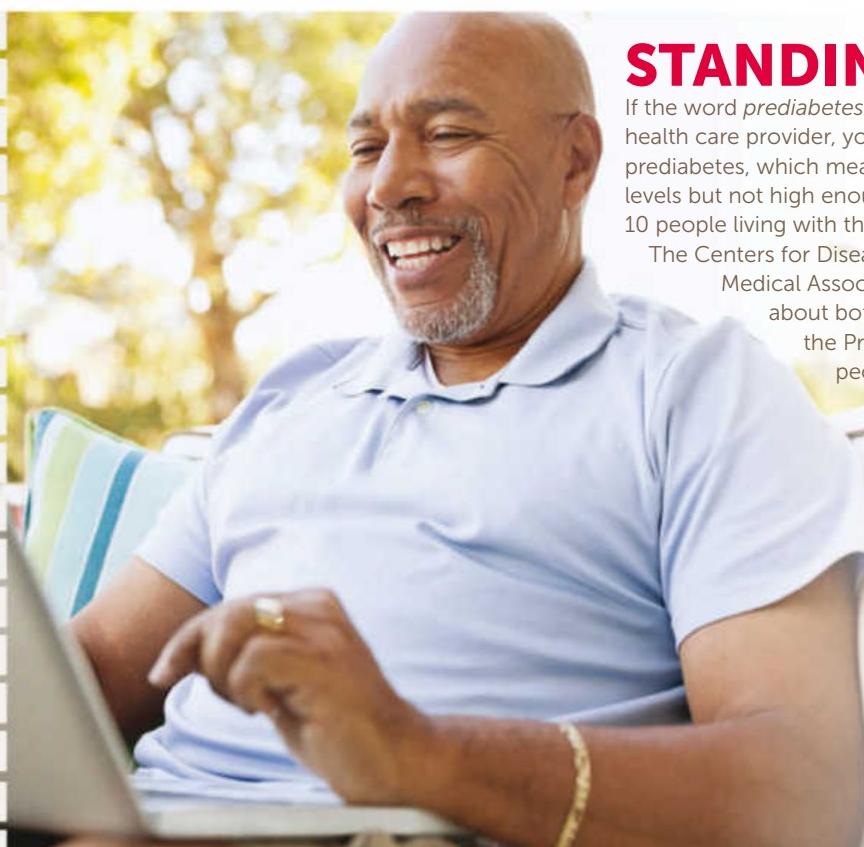
You can find out if you or a loved one has prediabetes by taking the screening test at [ama-assn.org/sub/prevent-diabetes-stat](http://ama-assn.org/sub/prevent-diabetes-stat).

The test measures your risk based on factors related to age, family history, and fitness.

Remember, prediabetes is treatable. A healthy diet, moderate exercise, and weight loss can reduce your risk for developing type 2. Find a diabetes prevention program near you to help kick-start a healthy lifestyle by visiting [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention).

—Katelyn Philipp

**Prevent Diabetes STAT**  
Screen / Test / Act Today™



## FASTING SAFELY WITH DIABETES

One region hit the hardest by the diabetes epidemic is the Middle East and North Africa (MENA). With nearly 35 million people diagnosed, MENA has the highest prevalence of diabetes in the world, affecting one in every 10 people.

Practicing Muslims in the region fast during the day for the month of Ramadan (this year, June 6–July 5).

Several major religions incorporate fasting into their practices, such as Lent in Catholicism and Yom Kippur in Judaism. Here are a few tips to stay safe while fasting:

- Talk to your doctor about the risk for hypoglycemia and hyperglycemia and ask if adjustments should be made to your current treatment plan before you begin. For example, lowering insulin doses can help prevent lows, and fasting while taking some oral medications can be risky.
- Monitor your blood sugar frequently to ward off lows and highs.
- If your blood sugar is dangerously low, treat it. Remember that while this is considered breaking the fast, having diabetes exempts you from fasting.

- Rehydrate after breaking the fast; don't just eat.
- Avoid postmeal high blood sugars with a normal-size meal.
- Before starting your fast, **eat complex carbohydrates and protein** to stay full and balance your blood sugar. —Allison Nimlos

Eat a balanced meal, like grilled chicken over whole grain edamame pilaf, before a fast.



## The Scoop on Protein

What's your protein IQ? Here are some fun facts about the nutrient from the *American Journal of Clinical Nutrition*'s summary of Protein Summit 2.0:

- Protein is the nutrient that's best at promoting satiety, or a sense of fullness, which can help in the battle against the bulge.
- To help maintain lean muscle mass in your 40s, 50s, and beyond, distribute your protein intake evenly throughout the day (such as 20–30 grams per meal and 5–10 grams in snacks).
- People tend to skimp on protein at breakfast and eat more than enough at dinner.
- The amino acid leucine (a protein building block) is especially important for the body to make muscle protein. Leucine is found in highest amounts in animal foods, such as eggs, reduced-fat cheese, lean beef, and chicken—with smaller amounts in plant foods, such as soy and other legumes.

CHICKEN BREAST  
(3 oz.):  
24 g protein

PEANUT BUTTER  
(2 Tbsp.):  
8 g protein

LOW-FAT CHEESE:  
(1 oz.):  
7 g protein

GREEK YOGURT  
(8 oz.):  
23 g protein

EGG  
(large):  
6 g protein

DRIED LENTILS  
(1/4 cup):  
13 g protein

# TAKE CHARGE!



## 10,000 STEPS NEW ORLEANS

NEW ORLEANS IS FULL OF CULTURE AND JOY—ESPECIALLY DURING MARDI GRAS (FEBRUARY 9 THIS YEAR).

It's tough to eat healthy in the Big Easy, a city with a culinary reputation for using more butter than your granny.

But Eat Fit New Orleans (EFNO) tries to make it easier for you. The nonprofit, grassroots effort tags better-for-you choices on menus at local restaurants and just debuted a free app (Fit NOLA) that does the same.

"We have nearly 70 partners spanning a wide range of cuisines and prices," says EFNO founder and organizer Molly Kimball, RD, including beef tenderloin at the iconic Commander's Palace in the Garden District (walk the beautifully landscaped neighborhood first) and green chile-glazed salmon at Café Adelaide in the French Quarter.

Ah, the French Quarter (above). You can walk 10,000 steps\* just

hitting the tourist highlights in the city's oldest neighborhood, founded in 1718. Stop at the New Orleans Historic Voodoo Museum (\$5 admission) and New Orleans' oldest bar, Lafitte's Blacksmith Shop. Check out street performers in Jackson Square (1) and join a free jazz Pilates class at the New Orleans Jazz National Historic Park (2) ([nps.gov/jazz](http://nps.gov/jazz)).

A little farther out, you can take a walking tour of St. Louis Cemetery No. 1, where Nicolas Cage already built his monument and the Voodoo queen Marie Laveau is (probably) buried (costs about \$10 to hire a guide). Another option: Get in all 10,000 steps at the massive National World War II Museum (\$22 per adult; [nationalww2museum.org](http://nationalww2museum.org)) with warplanes hanging from vast 10-story ceilings and a realistic mock submarine experience, plus thought-provoking exhibits that tell soldiers' personal stories.

And the splurge? Well, there are lots. Pick one a day and don't feel

bad about it. On the light side, there's fluffy shaved ice at Imperial Woodpecker Sno-Balls along the Spanish Plaza at the Riverwalk ([iwsnoballs.com](http://iwsnoballs.com)). But the sweet-eating icon is at Café du Monde (3) on the edge of Jackson Square, where beignets have been sprinkled with powdered sugar and served with chicory café au lait since 1862 ([cafedumonde.com](http://cafedumonde.com)).

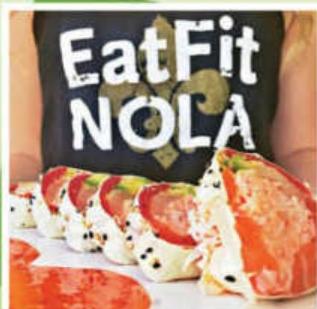
—Jennifer Wilson

\*Experts recommend taking 10,000 steps, or walking about 5 miles, per day to maintain a healthy lifestyle.



## EAT FIT NEW ORLEANS: MOLLY KIMBALL'S GUIDE TO EATING

- A general ordering strategy: lean protein with a salad and/or a nonstarchy veggie.
- Consider splitting an entrée, but be sure to get enough protein and veggies.
- With many appetizers topping 1,000 calories, there's no guarantee you'll end up with a better-for-you option by ordering only apps.
- Make special requests. Most restaurants are happy to serve dressings or sauces on the side. Nix carb-heavy sides in favor of extra veggies and ask for dishes to be prepared with less salt.
- Ask how a food is prepared (fried, battered, with sauce) and see if you can order a more healthful version (baked, steamed, broiled).
- Try to limit treats to one type of extra, whether it's a modest amount of premeal bread or chips, a starchy side item, a (shared) dessert, or a cocktail.



Try the House Special Roll at Uchi Sushi & Hibachi.

## NEW FDA ALERT

► If you are taking a DPP-4 inhibitor, (a glucose-lowering medication) for your type 2 diabetes, and are experiencing joint pain, talk to your doctor. The U.S. Food and Drug Administration (FDA) warns that the following drugs in this class can cause severe and disabling joint pain: sitagliptin, saxagliptin, linagliptin, and alogliptin. These medications are available as single-ingredient products under the prescription names Januvia, Onglyza, Tradjenta, and Nesina. The drugs are also available in combination with other diabetes medications under the names Janumet, Janumet XR, Kombiglyze XR, Glyxambi, Jentadueto, Kazano, and Oseni. If you experience severe and persistent joint pain, make an appointment with your health care provider immediately. Continue taking the medications until you've seen your doctor. —Bailey McGrath

“ I'VE NEVER UNDERSTOOD WHY MY HUMAN WON'T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE'S AFRAID OF GETTING LOST. BUT IT'S OK, I KIND OF LIKE SHOWING HER AROUND. ”

—HARPER  
adopted 08-18-09

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

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theshelterpetproject.org

Ad Council THE SPOTTED DOG PROJECT

# TAKE CHARGE!

## MAKING A dIFFERENCE



Rebecca Killion, 57, takes the voice of the patient to the U.S. Food and Drug Administration (FDA). First diagnosed with type 2 diabetes and then later with type 1, Killion has a unique D-perspective.

Apply to be a patient rep at [fda.gov/forpatients/about/ucm412709.htm](http://fda.gov/forpatients/about/ucm412709.htm)

### Q | You were diagnosed with type 1 diabetes at age 38. What was that like?

**A |** "I was misdiagnosed as a type 2 and spent the first couple years on oral medication. I was training for a marathon when I was diagnosed, but everyone thought I was too old to have type 1 diabetes. The oral meds started failing, and I went on basal insulin. But when I had an episode of food poisoning, it caused severe DKA (ketoacidosis) that resulted in a coma for a full day. When I came out of it, doctors said, 'You're now type 1.' So I have insights into both worlds, which are different but still very similar. It helps me empathize with both communities."

### Q | What do you do as a patient representative for the FDA?

**A |** "The FDA brings together people who will be relevant for whatever drug they are looking at. I represent the patient perspective. We mostly do drug approvals, but sometimes it's removing a drug from the market. We receive materials from both the

pharmaceutical company and the FDA. We can ask questions, then we discuss as a group and vote. The FDA isn't bound to the decision of the advisory board, but it almost always agrees."

### Q | How did you get the gig?

"I was recommended by my endocrinologist, Dr. Robert Rattner, who's now the chief medical officer for the American Diabetes Association. When I started 15 years ago, it was a small community of less than 20. Today there are over 250 of us."

### Q | How can we all be better advocates?

**A |** "Be authentic. Understand that you are the authority on diabetes as it affects you. Don't judge people for not knowing about diabetes; educate them by sharing your story. You don't always have a lot of time with people with decision-making power, so make sure that you are organized and know what points you want to make. Be persistent. Diabetes doesn't give up on you. You shouldn't give up on it." —A.N.

## Monitoring Goes Mobile

You'll never be in the dark about your blood glucose with the new Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System.

It's the first FDA-approved completely mobile CGM system. A small sensor and transmitter unit sends blood glucose readings wirelessly every five minutes to your compatible smart device with the Dexcom G5 Mobile app or to a receiver that comes with the system. Program it to send a text message or sound an alert if you're heading too high or too low. The system also offers a Follow app so you can send your readings to up to five other people, such as a spouse or caregiver. The Dexcom system can be prescribed by your doctor and is covered by nearly all insurance carriers. Details at [dexcom.com/g5mobile](http://dexcom.com/g5mobile).





# mining for Mg

It's not just an element on the periodic table: Studies suggest that getting plenty of magnesium may help **reduce risk of type 2 diabetes and lower fasting blood sugar** in people with type 2 diabetes who are magnesium-deficient. —M.M.J.

## Good sources include

- dry-roasted almonds and cashews
- spinach
- pumpkin seeds
- edamame
- yogurt
- black beans
- peanut butter

## Did You Know?

Fewer than 7 percent of newly diagnosed type 2 patients are referred to diabetes educators, according to a joint statement by the American Diabetes Association and other organizations.

If your health care team doesn't make a recommendation for you, ask for one. Think of your diabetes educator as your map to help you navigate this disease. It's a risky journey without one.

—J.W.

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about your health insurance options today.



# LIVE

GUIDE TO GOOD HEALTH ↗

Strolling the farmers market may make you a healthier eater. Farmers market shoppers are more likely to consume five or more fruits and vegetables a day compared to traditional market shoppers.

*(Public Health Nutrition, 2013)*



SHARE THE STORY

"I feel like real support is being transparent for others. Hopefully I can bring some encouragement to others by letting people know what I'm going through—that it's a struggle for all of us."

NICK JONAS

# What I Know Now ...

**H**E CAN SING, HE CAN DANCE, he can act—all without a functioning pancreas. Diagnosed 10 years ago with type 1 diabetes, Nick Jonas, 24, has transformed from the youngest member of the teeny-bopper trio Jonas Brothers to the star of his own TV show, *Kingdom* (airing on DirecTV's Audience Network).

Active in the diabetes community, Nick recently joined the nonprofit group Beyond Type 1 to raise awareness about diabetes alongside celebrity chef Sam Talbot (check it out: [beyondtype1.org](http://beyondtype1.org)).

You'll see Nick as the face of the Dexcom continuous glucose monitoring system, too.

We asked him what he would tell his younger, newly diagnosed self about living with diabetes. Here's what Nick Jonas wishes he knew then.

MAKE IT YOURS

"Diabetes is not only manageable, it can shape who you are for the better."

BE REALISTIC

"Don't put so much pressure on yourself. It's just too easy to get overwhelmed."

BY Nick Jonas  
AS TOLD TO Allison Nimlos

NOBODY'S PERFECT

"You eventually just have to learn to accept that sometimes you'll have 'those days.'"

REFUSE TO BE LIMITED

"Fans with diabetes have told me over time that I've encouraged them, that they can live their dreams while living with this disease. It's an incredible thing."

FIND A POSITIVE

**"Although it's definitely challenging to live with, diabetes can be a blessing in a lot of ways. It's made me a really focused person."**



# "Diabetes has kept me centered. I want to take action and do something good with it."

## LIVE WELL

**"I go pretty low-carb overall—mostly lean protein, veggies, and fruit. I try to eat as healthy and natural as possible. I do it because I feel good and see better test results when I'm eating well."**

## FIND ALLIES

**"The Dexcom has been an incredible tool. It's like having a friend who's looking out for you all the time."**

## SHARE WHAT YOU KNOW

**"When I was first diagnosed, there weren't a lot of people I knew who were living with diabetes both in the public eye and in their personal lives. So I made a commitment to myself that when I knew how to manage my diabetes better, I would do what I could to help other people, even if that was just sharing my story. So here I am."**





## One-carb choice. One great choice.

BOOST Glucose Control® Nutritional Drink is specifically formulated to help meet the unique nutritional needs of people with diabetes.\* With 16g of protein to help manage hunger and 25 essential vitamins and minerals, BOOST Glucose Control® Nutritional Drink is a smart choice as a snack or mini-meal for you and the ones you love.

\*BOOST Glucose Control® Nutritional Drink is intended for use under medical supervision as part of a diabetes management plan.  
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# How To EAT

The latest  
U.S. dietary  
guidelines:  
translated

BY Caitlyn Diemig, RD  
ILLUSTRATION BY Pep Boatella

## Every five years, a board of nutrition and public health experts publishes the Dietary Guidelines Report. The 2015 consensus: There's more than one way to eat healthfully.

For two years, experts on the Congress-mandated 2015 Dietary Guidelines Advisory Committee (DGAC) sifted through mountains of research to compile the 2015 Dietary Guidelines Advisory Report, which Congress uses as a guide to make new laws and health policies.

When it comes to good eating, the experts concluded there's no one-size-fits-all approach.

"This isn't about everyone going on the same diet," says Barbara Millen, Ph.D., RD, chair of the 2015 DGAC. "It's about following a healthy diet. There are several ways to go about that."

The committee's report outlined three examples of healthy eating. Unlike fad diets—think Paleo—these dietary habits are backed by loads of research.

"Popular diets usually don't have rigorous scientific testing behind them, so they end up just being

someone's opinion," says Marian Neuhouser, Ph.D., RD, member of the 2015 DGAC.

These three science-backed eating patterns are the Healthy U.S. style, Mediterranean style, and Vegetarian. Research shows that eating along any of these lines can reduce risk for type 2 diabetes, help maintain a healthy body weight, and improve cardiovascular health.

So why three patterns? Why not endorse one superior way to eat?

"The DGAC came up with three eating patterns to show there are a number of ways Americans can eat that are considered healthy," says Victoria Ferguson, RDN, CDE, a diabetes educator at Mercy Health Saint Mary's Diabetes & Endocrine Center in Grand Rapids, Michigan. "One eating pattern is not preferred over the other."

You don't have to strictly adhere to one pattern. Eat Mediterranean one night and Vegetarian another.

The experts stress that healthy eating can be flexible.

Think of all the foods you eat and whether they fit within the three patterns. Are they contributing to or hindering your health?

Bottom line: All three patterns emphasize increasing fruit and vegetable intake, reducing sodium intake, eating less animal-based protein, and consuming fewer added sugars and refined grains.

Consider small, gradual changes. Add an extra fruit or veggie to each meal. Opt for a latte with reduced-fat milk rather than a whole-milk mocha with whipped cream. If you're drinking a sugar-sweetened beverage with every lunch, cut back to three times a week, then slowly reduce consumption more.

"The benefits to eating this way are numerous and can impact heart health, blood glucose control, and healthy weight," Ferguson says.



### HEALTHY U.S.

This eating pattern encourages Americans to fill up with more fruits and veggies. "This style includes plenty of fruits, vegetables, dairy, lean meats, poultry, fish, whole grains, nuts, and healthy fats in order to help people get enough potassium, magnesium, calcium and less sodium to help blood pressure," Ferguson says.



### MEDITERRANEAN

Similar to the Healthy U.S. style, but this eating pattern includes even more fruits and vegetables, more beans and nuts, more fish and seafood, and less red meat. It also recommends consuming a little less dairy. "This combination of foods can influence heart health and could be helpful for those with diabetes," Ferguson says.



### VEGETARIAN

This dietary pattern cuts out meat, but does allow some animal-based proteins like dairy and eggs. It includes more legumes, soy, nuts, seeds, and whole grains than the other two patterns. It still meets all your nutrient needs, including protein.

# MEDICARE IN 2016

## WHAT TO KNOW IF YOU HAVE DIABETES

BY Jennifer Larson and Hope Warshaw, RD, CDE

### WHAT IS MEDICARE? A BASIC PRIMER



#### ORIGINAL MEDICARE (PARTS A + B):

When you first enroll, you will have basic Original Medicare, which covers hospital stays (known as Part A) and medical costs (known as Part B). You'll pay monthly premiums and copays. It doesn't cover prescriptions.

Many people purchase supplemental insurance, known as a Medigap policy, for coverage gaps in Original Medicare. This can be especially helpful if you're on a fixed income and your deductible increases, which it did this year by about \$20.

Supplemental insurance is a good idea if you have diabetes, since you will have many out-of-pocket expenses.

You probably won't notice much change in coverage this year if you're enrolled in Medicare. However, some costs are going up. Understanding your Medicare plan can help you maximize the benefits you're entitled to—and manage your diabetes effectively.

When you pay taxes, you contribute to Medicare, the federal health insurance program for people age 65 and older (and those with end stage renal disease, and some people with disabilities). Medicare is different than Medicaid, a government-funded health insurance program for people in need.

There are two main choices for how to get Medicare coverage:

#### MEDICARE ADVANTAGE (PART C):

Medicare Advantage plans (known as Part C) are offered by private insurance companies and combine Medicare Parts A and B and generally add more benefits. These plans are typically more expensive than Original Medicare, but they offer a few different types of coverage, including health maintenance organization (HMO), preferred provider organization (PPO), private fee-for-service (PFFS), and special needs plans (SNPs). SNPs are available for people with diabetes, but availability varies from area to area. You can find what's being offered in your region at [medicare.gov/find-a-plan](http://medicare.gov/find-a-plan).

#### PRESCRIPTION DRUG BENEFIT (PART D):

Whether you go with Original Medicare or Medicare Advantage, you have access to a Medicare prescription drug benefit (known as Part D). It's an additional cost for Original Medicare but generally included in Medicare Advantage plans.

# OVERALL CHANGES IN 2016

While 2016 didn't bring much change in coverage for Medicare beneficiaries, it did see increases in Medicare costs for some of the program's users.

Still, it could have been much worse.

The reason: no cost-of-living adjustment to Social Security benefits this year. Because Medicare is tied to Social Security benefits, Medicare Part B premiums stayed the same for about 70 percent of the people enrolled in the program.

Usually, the additional costs would be passed along to the remaining 30 percent

of Medicare users, which includes new enrollees, people with higher incomes, and people with both Medicare and Medicaid coverage. But a late 2015 federal budget compromise offset that big premium cost increase. Instead, that group's monthly premiums will only increase by about 15 percent—to \$121.80. (They're also paying an extra \$3 monthly to repay a loan from the federal treasury to offset the additional costs.)

There are a few more changes this year within Parts B and D. Read on to see how these changes might affect you.

## ABC'S (& D) OF MEDICARE

**MEDICARE PART A:**  
Hospital coverage

**MEDICARE PART B:**  
Medical coverage  
(including supplies  
and services)

**MEDICARE PART C:**  
Medicare Advantage  
(combines Medicare A+B,  
plus additional benefits)

**MEDICARE PART D:**  
Medicare prescription  
drug coverage

## PART B

### WHAT'S NEW NOW

You won't encounter any big changes this year in your Medicare Part B coverage.

Medicare Part B fully covers some medical supplies and services, but you may have to pay a percentage after you hit your deductible for the supplies and services that are not covered. Some people have a copay for diabetes self-management training, too. Part B covers certain durable medical equipment (DME), including blood glucose monitors and self-testing supplies like test strips, lancets, and control solution to check glucose meter accuracy. However, you'll have to get a prescription from your doctor every 12 months for lancets and test strips. And you have to first meet your deductible before paying 20 percent.



#### WHAT'S COVERED

- Blood glucose monitors and their supplies
- A one-time "welcome to Medicare" visit
- Annual wellness visit
- Influenza vaccination (flu shot)
- Pneumococcal vaccination
- Outpatient self-management training and medical nutrition therapy with written doctor order\*
- Foot exam every six months\*
- Annual glaucoma exam\*
- Some insulin pumps and insulin if you qualify\*
- Therapeutic shoes or inserts if you have a prescription\*



#### WHAT'S NOT COVERED

In 2016, continuous blood glucose monitors (CGMs) and their supplies still are not covered by Medicare. If you use a CGM, be prepared to pay out-of-pocket.

This may change if Congress passes legislation like the Medicare CGM Access Act of 2015, which would require Medicare to cover CGM for people with type 1 diabetes.



#### WHAT'S CHANGING

Part B costs are the same this year for most people, although they grew slightly for others.

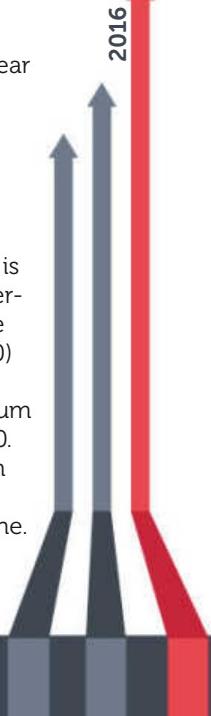
Most people are paying a monthly premium of \$104.90 for Part B coverage—same as last year. But if you're new to Medicare, your Part B premium is higher this year—\$121.80. Higher-income folks (with joint income from \$170,000 to over \$428,000) will be paying an additional monthly income-related premium ranging from \$170.50 to \$389.80.

The annual deductible, which was \$147 in 2015, increased to about \$166 this year for everyone.

\*You will usually pay 20 percent of the Medicare-approved amount after you hit your deductible.

\$\$  
13%

2016



# PART D

## WHAT'S NEW NOW

Medicare Part D is the prescription drug benefit.

The headline here: Costs are nudging up, but the notorious "doughnut hole" is slowly closing. Over time, that will mean less out-of-pocket spending for you.



## WHAT'S COVERED

- Prescription drugs. Each plan has its own formulary, or list of drugs covered. (Most plans are divided into tiers, each with varying costs.)
- Insulin that isn't injected with a pump. (For people who use a pump, insulin is covered under Part B.)
- Supplies for injecting insulin, including alcohol swabs, pen needles, and most syringes. (This can vary by plan, so check your formulary to be sure.)
- Vaccines that aren't already covered under Part B, including shingles and tetanus.



## WHAT'S CHANGING

You're paying a little more this year for Part D coverage. The average monthly premium for this optional prescription drug coverage was about \$32 in 2015, and that has increased. So you may have to pay a higher annual deductible for your drug coverage (although about one-third of plans don't have one at all). The maximum yearly deductible in 2016 is \$360, up from \$320 in 2015. After you reach your deductible, you will be responsible for paying a set amount, a copayment for your medications, or coinsurance, which is a percentage of the cost of a medication.

The coverage gap, or "doughnut hole," that affects drug costs is closing, which may save money for Medicare beneficiaries. (Buyer beware: Some drug companies raise prices to offset savings. Always ask your provider about your least expensive option.)

## HOW TO MAKE CHANGES TO YOUR PLAN

→ Whether the 2016 changes have affected you or not, reevaluate your coverage and plan each year. Your coverage might have changed slightly, or you might find a plan that suits you better.

**Put October 15 on your calendar.** That's the day every year that open enrollment for Medicare begins. You'll have until December 7 to carefully examine your coverage and make changes. You can use the Medicare website's online plan finder to compare plans, or you can consult a counselor with the State Health Insurance Assistance Program (SHIP) in your area ([shiptacenter.org](http://shiptacenter.org)).

"It's a good idea to shop around each year," says Claire Borelli, associate director for public policy for

## ASK AT THE DOC'S OFFICE

**Diabetes costs add up fast. Do your research to keep them in check.**

### How do I get affordable meds?

Talk to your provider and pharmacist about the best meds that your particular Plan D covers so you can maximize your benefits and minimize your costs. Be your own advocate—your provider likely doesn't remember the details of your plan's coverage, so you must.

### How do I get enough test strips?

You need specific strips for your blood glucose meter—and you should test often enough to effectively manage your diabetes. If you don't use insulin, you get about 100 test strips and 100 lancets every three months (and up to 300 strips every three months if you take insulin). Ask your doctor for a prescription if you need more strips or a certain type. You may be able to get them if you can prove they're medically necessary.

### What screenings do I need?

Take advantage of free wellness visits and preventive-care screenings. See what's covered at [medicare.gov/coverage/preventive-and-screening-services.html](http://medicare.gov/coverage/preventive-and-screening-services.html).

the American Diabetes Association (ADA).

For example, the prescription drugs covered by Part D plans can change from year to year, and new medications are approved and added. Check your plan's formulary carefully to make sure it covers your meds. If not, you can switch to another plan. Sometimes you can save money on your premiums if you switch plans.

If you have Medicare Advantage, examine the list of in-network providers. The private insurance companies that administer Medicare Advantage may change the list of approved health care providers, and you don't want to get stuck with a plan that doesn't include your physician in the approved network.

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WHETHER YOU'RE  
A MOM,  
A CEO, A CHEF  
OR A KID YOURSELF,  
YOU CAN HELP  
END CHILDHOOD  
HUNGER IN  
THE U.S.



#### NO CHILD SHOULD GROW UP HUNGRY IN AMERICA

But one in five children struggles with hunger. Share Our Strength's No Kid Hungry campaign is ending child hunger in this nation by connecting kids in need with nutritious food and teaching families how to cook healthy, affordable meals. You can help surround kids with the healthy food they need where they live, learn and play.

Pledge to make No Kid Hungry a reality at [NoKidHungry.org](http://NoKidHungry.org).



**67%**  
of Americans' calcium  
intake comes from  
dairy products.

—Scientific Report of the 2015 Dietary  
Guidelines Advisory Committee

## QUICK GUIDE TO

# CALCIUM

Calcium is important for strong bones and managing glucose, but many people with diabetes fall short on this mineral.

BY Marsha McCulloch, RD, LD

**T**racking your calcium intake is relatively easy because it appears on nutrition labels. The calcium per serving is shown as a percentage of its Daily Value (DV), which is 1,000 milligrams (mg). So a food with 20 percent of the DV for calcium has 200 mg calcium per serving (multiply 1,000 by 0.20).

The calcium DV used for labels covers the needs of younger adults. As we age, our ability to absorb calcium decreases. Women age 51 and older and men age 71 and older need 1,200 mg calcium daily, which would be 120 percent of the current DV. The government is considering increasing the calcium DV to better cover all adults' needs.

Bones and teeth contain 99 percent of the body's calcium, but this mineral also supports muscle movement, nerve messages, blood flow, and hormone activity (including insulin). If you're low on calcium, your bones sacrifice calcium for these tasks, which increases the risk of

osteoporosis. Dietary shortfalls of calcium also have been linked with a greater risk of type 2 diabetes, hypertension, and obesity.

Dairy products are top sources of calcium, typically supplying 200–400 mg calcium (about 20–40 percent of the DV) per serving. People with lactose intolerance may tolerate cheese

better than milk; hard cheeses (such as cheddar and Swiss) contain less than 1 gram of lactose per 1-ounce serving, and milk has 13 grams of lactose per cup. Nondairy calcium sources are also available (*below*). Calcium supplements should be selected with a health expert's guidance to avoid nutrient imbalances.

## NONDAIRY BONEBUILDERS

%DV Calcium per Serving

*orange juice*  
calcium-fortified,  
8 ounces

**35%**

*sardines*  
canned with edible  
bones, 3 ounces

**33%**

*rice milk*  
calcium-fortified,  
8 ounces

**28%**

*firm tofu*  
made with calcium  
sulfate, 1/2 cup

**25%**

*cream of wheat*  
calcium-fortified,  
1 cup cooked

**25%**

*salmon*  
canned with edible  
bones, 3 ounces

**18%**

FEBRUARY

# HEART HEALTH *Calendar*



FEB. 1



Write your heart age above after taking this quiz: [cdc.gov/vitalsigns/cardiovasculardisease/heartage.html](http://cdc.gov/vitalsigns/cardiovasculardisease/heartage.html)



FEB. 2

## WALK IN PLACE DURING TV COMMERCIALS AND PACE DURING PHONE CALLS

Being sedentary increases risk of heart and blood vessel diseases.



FEB. 3

Limit foods on the American Heart Association's Salty Six list:

- bread & rolls
- cold cuts & cured meats
- pizza
- poultry
- soup
- sandwiches



FEB. 8

Volunteer for a cause that speaks to your heart. **Doing good for others can lift your spirits and relieve stress.**



FEB. 9

## NO-ADDS DAY!

Drink only water, club soda, diet soda, or iced tea. **Added sugars can increase risk of high blood pressure, stroke, and heart disease.**



FEB. 10

**Step it up!** That's Surgeon General Vivek Murthy's rally cry to walk more. Use [mapmywalk.com](http://mapmywalk.com) to track yourself and your pals.



FEB. 11

**Track your calories today—and be honest!** Apps such as MyFitnessPal, CalorieKing, and Livestrong's Daily Plate help a lot.



FEB. 15

## ADD MOVEMENT TO EVERY PART OF YOUR DAY

Take extra steps anytime, anywhere. Park farther from the shop. Take the stairs. Bundle up and play outside with your kids or grandkids.

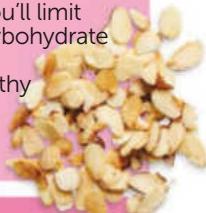


FEB. 16

Start your day with a weigh-in. **Some research shows that weighing yourself frequently improves weight loss and maintenance.**

FEB. 17

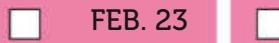
**Hold the croutons** and top your salad with toasted nuts instead. You'll limit refined carbohydrate and boost heart-healthy fats.



FEB. 22

## MEATLESS MONDAY

Make a PB&J for lunch. Try bean burritos for dinner. Need ideas? Surf [meatlessmonday.com](http://meatlessmonday.com) for ideas.



FEB. 23

## YUM!

Start the day with oatmeal topped with warm fat-free milk, toasted walnuts, chopped apple, and sliced banana.



FEB. 24

Try a fruit you've never tasted: cherimoya, star fruit, papaya, red banana. Pummelo? **Why not!**



FEB. 25

The American Diabetes Association recommends resistance training twice a week. Lift and lower weights (or soup cans!) while watching TV.



FEB. 24



FEB. 25



FEB. 25

BY Hope Warshaw, RD, CDE

Use all 29 days of  
**Heart Health Month**  
to improve your  
cardiovascular health.

<input type="checkbox"/> FEB. 4	<input type="checkbox"/> FEB. 5	<input type="checkbox"/> FEB. 6	<input type="checkbox"/> FEB. 7
<b>GET AT LEAST 7 HOURS OF SLEEP TONIGHT</b> People who don't get enough z's are more susceptible to heart disease and being overweight.	<b>NATIONAL WEAR RED DAY</b> Proudly sport your favorite red dress, shirt, or tie to raise heart-health awareness. <small>Go Red For Women™ AHA, Red Dress™ DHHS</small>	Surf a few health resources online, such as <a href="http://americanheart.org">americanheart.org</a> , <a href="http://diabetes.org">diabetes.org</a> , and <a href="http://DiabeticLivingOnline.com">DiabeticLivingOnline.com</a> .	Split a three-egg omelet with your sweetie, adding sautéed onions, peppers, mushrooms, and spinach.
<input type="checkbox"/> FEB. 12	<input type="checkbox"/> FEB. 13	<input type="checkbox"/> FEB. 14	
<b>CHECK YOUR BLOOD PRESSURE AT THE PHARMACY OR STORE</b> Record your number here. The goal for people with diabetes is 140/90 mm Hg or below.	Explore a new whole grain for dinner. Try barley, brown rice, bulgur, couscous (whole wheat), corn, farro, millet, or quinoa.	<b>VALENTINE'S DAY</b> Set the stage for romance. A kiss or two . . . maybe more. Having sex regularly can lower blood pressure.	
<input type="checkbox"/> FEB. 18	<input type="checkbox"/> FEB. 19	<input type="checkbox"/> FEB. 20	<input type="checkbox"/> FEB. 21
Trouble decompressing and falling asleep? Try a cup of herbal tea or warm milk tonight.	<b>CHEERS!</b> Alcohol (one drink for women, two for men) can reduce risk factors for heart disease and lower rate of death for people with diabetes.	If you smoke, make a plan to quit today. Smokers with diabetes have a heightened risk of heart disease and premature death.	<b>NEW MOVES DAY!</b> Visit a museum you've been curious about. Hike a destination that's called to you. Ice skate! Snowshoe! Dance! Play!
<input type="checkbox"/> FEB. 26	<input type="checkbox"/> FEB. 27	<input type="checkbox"/> FEB. 28	
<b>SCHEDULE YOUR HEART-HEALTHY TESTS AND CHECKS</b> Use our free checklist: <a href="http://DiabeticLivingOnline.com/checkup">DiabeticLivingOnline.com/checkup</a>	<b>It's chill time.</b> De-stress your mind and body today. Fill the tub, pour the bubbles, dim the lights . . . and relax.	Eat fatty fish instead of meat today: salmon, tuna, or bluefish. Less saturated fat and cholesterol, more healthy omega-3s.	
<input type="checkbox"/> FEB. 29	It's leap year! Use this bonus day to take one action that both speaks to your heart and is good for your heart.		

# NO MORE HIDING.

BY Daniel P. Finney | PHOTOS BY Adam Albright



# THIS IS DAN.

He's living proof that it doesn't matter where you are on life's journey—you can always move forward. Read on as this newspaper reporter lays bare his struggle in a shocking and courageous story about taking the first steps toward recovery from morbid obesity.



**"FOR THE FIRST TIME IN MORE THAN A DECADE, I KNEW MY EXACT SIZE: 563 POUNDS."**

**D**o you want me to get a wheelchair?" Reality overcame denial in that simple, earnest question from a friend.

I was in a Des Moines hospital reporting a story that involved touring a neonatal intensive care unit with the hospital's public relations man, whom I've known for years.

I was in terrible pain. Lightning bolts struck the base of my spine and sent shocks through my body. My legs felt like dead logs dragging across the floor.

Though it was a cool, blustery day in February, sweat rolled off my bald head from the simple exertion of walking from the elevator to the nurses station. My navy blue golf shirt was soaked, the crotch of my pants damp.

In practical terms, it was maybe 20 yards. For me, it felt like 20 miles.

I blamed the back pain on carrying too many groceries in a single trip in late December. But that was a lie I told myself to avoid the truth I'd been dodging for almost a decade.

The problem is my body. It's practically immobile because I am morbidly obese.

### **The Turning Point**

Morbid obesity is a medical diagnosis for someone with a body mass index (BMI) over 40.

Mine, I learned after that day in the hospital, was 64.

Obesity, the more common diagnosis, is a BMI of 25 or greater.

Of course, I'm hardly the only hefty American. The Centers for Disease Control and Prevention estimates nearly 35 percent of U.S. adults—roughly 79 million people—are obese. The people hit hardest by the epidemic are ages 40–59, according to CDC data.

The risks are well-known: type 2 diabetes, cardiovascular problems, skeletal and muscular stress. Not to mention the parade of life-threatening ailments.

I knew all this, of course. I have a mirror at home—just the one, which I avoid looking into directly, especially when I get out of the shower. Still, I've been a master of self-deception. I ignored my weight when the doctor's scale—which measures up to 500 pounds—could no longer measure me. I ignored it when I stopped fitting into seats at theaters, sporting events, concert venues.

I ignored it when a walk to the mailbox—about a block—was enough to leave me winded for nearly 20 minutes.

I ignored my weight when the seat belt in my car no longer fit without an extension. I didn't even know extensions existed until I saw them at a big-and-tall clothing shop, where I got mine. I rarely rode in other people's vehicles because I worried the seat belt wouldn't fit or I couldn't wedge my hulking frame inside. And forget about flying. I don't fit in the seats with the armrests down. I won't be buying two tickets.

I ignored it when cleaning myself after using the toilet became a painful, nearly impossible task. And public restrooms? The handicap-accessible stalls might work, but a regular stall was always too narrow. I usually just rushed home, often risking embarrassing accidents. Even using the urinal was a challenge.

I ignored it when my doctor diagnosed me with type 2 diabetes.

But on that day when my friend offered me a wheelchair because I could barely walk under the weight of my own body, all denial vanished.

*Continued on page 46* ➔



*"I want  
to be a pair  
of jeans.  
Recycle me."*



IWantToBeRecycled.org



KEEP AMERICA  
BEAUTIFUL



**"ALL DENIAL  
VANISHED.  
I WAS NOW TOO FAT  
TO DO MY JOB."**

*Continued from page 42*

I was now too fat to do my job. I'm a newspaper columnist for the *Des Moines Register*, one of the few public faces of my home-state newspaper. It's been my dream for as long as I knew there was such a thing. It's the best job I've ever had. I planned to hold onto it until I retired.

But suddenly, I faced the real possibility that I wouldn't be able to go to interviews or even stand up for more than a minute or two.

On that February day, the facts were undeniable. I was well on my way to the wheelchair.

Next would come the motorized scooter, possibly the cemetery.

At 39 years old, I had the mobility of a hospice patient.

The photographer and the PR man went on with the assignment. I rode the elevator to the lobby and collapsed into one of its upholstered circular benches. I keep some anti-anxiety medication in a gold cylinder attached to my key chain. I screwed off the top, shook out two pills, and swallowed without water to fight off a bubbling panic attack, glad to be alone. I was overwhelmed by pain and shame.

What had I done to myself? Would I ever be functional again?

I fished my iPhone from my pocket. I dialed my doctor's office right there in front of total strangers shuttling back and forth through the lobby's revolving door. I worried everyone was eavesdropping, though likely no one noticed me there having one of the greatest turning points of my life.

"I've hurt my back," I told the nurse who answered my call. "I'm in terrible pain. I think it's time to talk about my weight problem."

If my life were a *Rocky* movie, this is probably where the heroic montage would start. But I think we all know that the biggest struggles of our lives can't be condensed into a

catchy pop tune.

I had work to do.

## **The Beginning**

For years my doctor has suggested I look into bariatric surgery. I always said I would, the way I promise the dentist I'll floss three times a day. But I wasn't ready to commit.

She wrote me a prescription for pain medication to alleviate the back spasms. She referred me to a physical therapist and to a dietitian at a special weight loss clinic. I already work with a mental health therapist; I live with generalized anxiety disorder and persistent depressive disorder. I take medication to control the biochemical malfunctions in my brain that cause the trouble, but talking about the psychological causes of my overeating became a top priority in our sessions.

This became my health care team. Together we began the long process of rehabbing my body—a body that, if it were a house, would be dangerously close to condemnation by the city as unfit to occupy.

Thank God I have a full-time job and insurance. My employer offers only a high-deductible plan. I pay 100 percent of my costs out of pocket—minus network discounts—up to \$1,500 as a single man. After that, I pay 20 percent and insurance pays the rest.

Still, my plan doesn't cover visits to a dietitian. It doesn't pay for a membership to the YMCA or any health club. It doesn't pay for classes to teach me healthier cooking or better food-shopping habits. All of that is 100 percent my bill.

However, my insurance will pay for nutrition counseling if it's in preparation for bariatric surgery. And it will pay for bariatric surgery.

To me, this seems insane. Medicine is supposed to be transitioning from reactive care to

preventive care, but most insurance companies won't cover an array of cheaper measures that could prevent costly surgery when it comes to obesity. Every insurance plan is different, and there's no universal standard for coverage for chronic obesity. But if you're beginning your own recovery, talk directly with your insurance company about what is and isn't covered. Doctors often make recommendations for care or medication but have no idea how much either will cost you. It behooves us all to be informed and ask for alternatives when money is an issue in our care.

Still, I'll tell you this much: Every penny I spent on this process was worth it. Nothing I could have bought, no vacation I could have taken, and no night out on the town would have brought as much value and happiness to my life as beginning recovery.

## **Making Progress**

My journey began in earnest about a week after the wheelchair incident.

I was still in crippling pain and practically immobile when I met with physical therapist Stefanie Kirk. She asked me to walk a small track marked out with tape on the floor.

One lap was 157 feet.

"Just do as many as you can," she said. "I'll be right here with you. Stop at any time."

The first few feet went easy enough, but at the quarter-lap point I started to hurt. By half a lap, I was sweating and wanted to stop.

I forced myself to finish the lap.

Stefanie brought me a chair, a cup of water, and a towel. "On a scale of 1 to 10, how would you rate your pain?" she asked.

"Ten," I said and hung my head.

Stefanie crouched and her eyes met mine.



**"AT 39  
YEARS OLD,  
I HAD THE  
MOBILITY OF  
A HOSPICE  
PATIENT. . .  
I WAS WELL  
ON MY  
WAY TO THE  
WHEELCHAIR."**

"Hey," she said. "This isn't going to be easy, but you're going to get better way faster than you think."

The next day I met Jacque Schwartz, my dietitian. The first thing she had me do was step on a scale.

The kind of scale needed to measure a person my size looks like something you'd find at a cattle yard—a black platform about 5 feet square with handrails that meet in the middle, where a computer panel displays your weight.

I stepped on. For the first time in more than a decade, I knew my exact size: 563 pounds.

"That's horrifying," I said. "I'm more than a quarter ton."

I envisioned having to be moved around by forklifts like cargo in a port. I felt completely inhuman, just a massive thing.

Yet there was some relief in actually knowing that number.

"What did you think it would be?" Jacque asked.

"I figured it was up over 600," I said. And I really did.

Jacque laid out the options the weight loss clinic offered. One was a meal-replacement plan. The cost was absurd: \$6,000. I ruled that out—I just don't have that kind of money, and I had a sinking sensation it wouldn't work anyway.

Jacque told me I could also choose bariatric surgery. She said the clinic doctors typically perform a gastric sleeve procedure, cutting out about 80 percent of the stomach. The idea was that I would feel fuller faster, and my stomach would produce fewer of the hormones that stimulate appetite.

"What do you think about that?" she asked.

"I hate it," I said to her. "I've never even had my tonsils taken out. I'm terrified of cutting away most of a healthy organ."

There was one final option: the hard way.

Eat less. Move more.

### Keeping the Ledger

Because my back was mangled, moving more would come later. Eating less started at once.

Jacque suggested an application for my phone to track calories. There are lots of them. She used a free app called MyFitnessPal. The app allows me to scan the barcodes of packaged foods and provides good estimates of calories for fresh produce, meat, and other items.

It's especially keen for restaurants. Menus for most of the big names—McDonald's, Applebee's—are preloaded. Local restaurants are trickier, so I use similar items from national chains that might compare. It isn't exact, but it's close enough.

You've probably guessed by now that this makes me kind of a pain at restaurants. I pester servers about ingredient amounts, preparation, and



**"NO VACATION I COULD HAVE TAKEN AND NO NIGHT OUT ON THE TOWN WOULD HAVE BROUGHT AS MUCH VALUE AND HAPPINESS TO MY LIFE AS BEGINNING RECOVERY."**





Physical therapist  
Stefanie Kirk

if they can grill something rather than fry it. I try to add to the tip if I'm particularly obnoxious about it. But the more I know about a meal, the better I can estimate calories and the more comfortable I feel eating. It can make me an annoying dinner companion, especially to my less-patient friends, because I take so long to make a selection and spend a lot of time punching food into my phone. But it's worth it to me.

I had long avoided counting calories because I thought it would be tedious. But the memory of the wheelchair was so intense, and I was desperate to get better. Calorie counting became like keeping a bank ledger. My daily goal was how much I had to spend. Going over goal is akin to being overdrawn. It helped me make better choices.

The process takes practice, and I make a lot of mistakes. I tend to overeat less out of overwhelming hunger and more because of emotional situations. Recently, a friend suffered a hypoglycemic attack while we were having lunch at a barbecue joint. He's lived with diabetes for 10 years, mostly in secret. But having never witnessed anything like that, I was badly shaken. I thought my friend was having a stroke right before my eyes—I called 911 and his wife, and in the end, everything was fine. But on my drive home, I started shoving leftovers in my face as fast as my hand could pull them from the container. Manic eating at its worst.

I made it home but I felt wretched. The scare was bad enough, but the eating—the pure desperation of it—rattled me further. I was convinced this was the moment I would lose control and undo any good I'd done

*Continued on page 117* ➔

# DO YOUR HANDS

*look like This?*

**Before**



**After**



**TRY**



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AVAILABLE

**GUARANTEED RELIEF**  
**FOR EXTREMELY DRY, CRACKED HANDS**

100% Money Back Guarantee. Visit [OKeeffesCompany.com](http://OKeeffesCompany.com) for more information!

Representative photos: Before and after hand images from one week usage period. Cream was applied before bed and three times daily. Results may vary.

# KATE CORNELL'S SWEET SUCCESS

BY Bailey McGrath

Her blog may be called Sweet Success, but Kate Cornell doesn't sugarcoat life with type 2 diabetes.

Browse her site and you'll find quirky posts about her taste-testing a low-glycemic ice cream—"you know . . . for science"—and her first few experiences at the local gym. "I may not be a gym rat, but maybe a gym white mouse," she writes.

The Arizona-based blogger also shares diabetes-friendly recipes and tips, such as her favorite carb swap: zoodles (zucchini noodles). Her posts illustrate her successes as well as the struggles and biases she faces as a person with type 2.

"Stigma is an ugly bully," she says. "If I can share a story about something I dealt with that helps somebody else, then I do it."

That includes getting honest about stuff like failing to meet goals and the emotional toll of insensitive comments.

"I hope that people can read the blog and get ideas about how to improve life with diabetes, but mostly to see that it's not all bad."

## Beyond the medicine

When Kate was diagnosed with type 2 diabetes in 2005, she wasn't afraid; she was confused.

"I felt like I'd been shoved out the door and was on my own," she says.

Kate scoured the Internet for information, connecting with

## GET CONNECTED



**"I THINK THAT SOCIAL SUPPORT IS ALMOST AS IMPORTANT AS THE MEDICATIONS YOU TAKE."**

others living with diabetes. "Seeing that these people are living their lives despite their diabetes helps," she says. "That support is essential."

Kate turns to her husband or chats with other people with diabetes whom she's met through the diabetes online community

## SNACK HACK

**"I make my own mixed nuts to avoid the massive amount of salt in store-bought varieties."** Start with equal parts bulk almonds, pecans, and walnuts. Add salted cashews or shelled pistachios. Let the salt from the cashews and pistachios flavor the mix.

(DOC) for support. She reads both type 2 and type 1 blogs, such as [brian-the-bsc.blogspot.com](http://brian-the-bsc.blogspot.com) and [testguessandgo.com](http://testguessandgo.com).

She says type 1 blogs may not speak directly to people with type 2, but they still touch on shared issues like diet, burnout, and stigma. Early in her diagnosis, Kate participated in forums through [tudiabetes.org](http://tudiabetes.org), [diabetesdaily.com](http://diabetesdaily.com), and [community.diabetes.org](http://community.diabetes.org).

On her blog, Kate promotes her favorite events such as the Diabetes UnConference ([diabetesunconference.com](http://diabetesunconference.com)),

where people with diabetes gather and talk about the emotional impact of the disease.

"I'll continue to encourage people to connect," Kate says. "Befriending people with diabetes, regardless of type, is very helpful."

*Join @SweetenedKate and other people with diabetes on Twitter for the #DCDE chat Tuesdays at 9 p.m. Eastern time or the #DSMA chat Wednesdays at 9 p.m. Eastern time.*

[kates-sweet-success.blogspot.com](http://kates-sweet-success.blogspot.com)

# EAT

HEALTHY RECIPES FOR EVERYONE →



Adding fiber-filled oats to waffles is an easy way to make this comfort dish more nutritious and satisfying.

Find more delicious and good-for-you oat recipes on pg. 86



# FARM to TABLE

From old-fashioned faves to some tasty new veggies to try, we'll teach you how to buy, prep, and cook your farms' best produce.

RECIPES BY Carla Christian, RD, LD | PHOTOS BY Adam Albright  
FOOD STYLING BY Jennifer Petersen

Cauliflower, Green Pea,  
and New Potato Salad  
recipe on page 110



Chipotle Grilled Pork Chops with Grilled Apricot Salsa  
recipe on page 110



LIME JUICE IN THE DRESSING KEEPS THE AVOCADOS FROM TURNING BROWN FOR A PICTURE-PERFECT DISH.



Chicken, Kiwi, and Avocado Salad  
recipe on page 111

## Wheat Berry and Fava Bean Salad

SERVINGS 6 ( $\frac{2}{3}$  cup each)

CARB. PER SERVING 21 g

PREP 30 minutes COOK 1 hour

2 Tbsp. olive oil  
½ cup chopped onion  
2 cloves garlic, minced  
2 cups unsalted chicken stock  
½ cup hard red spring wheat berries, such as Bob's Red Mill brand  
3 lb. fresh fava beans in pods or 1½ cups frozen sweet soybeans (edamame)  
4 cups water  
¼ tsp. salt  
4 oz. fresh asparagus, cut into 1½-inch pieces  
2 Tbsp. red wine vinegar  
1 tsp. Dijon-style mustard  
¼ tsp. black pepper  
1 cup fresh blueberries  
¼ cup snipped fresh mint

1. In a medium saucepan heat 2 teaspoons of the oil over medium heat. Add onion and garlic; cook 5 to 7 minutes or until onion is tender, stirring occasionally. Add stock and wheat berries. Bring to boiling; reduce heat. Simmer, covered, 1 hour or until wheat berries are tender. Drain and cool.
2. Meanwhile, remove fava beans from pods. In a medium saucepan bring water and ¼ teaspoon of the salt to boiling. Add shelled beans; boil 30 seconds to loosen skins. Using a slotted spoon, immediately transfer beans to ice water to cool, reserving boiling salted water in saucepan. Drain beans; peel off and discard skins. (If using edamame, cook in the boiling salted water according to package directions and cool in ice water.)
3. Add asparagus to the reserved boiling salted water. Boil 3 to 5 minutes or until crisp-tender; drain and cool.
4. For dressing, whisk together the next three ingredients (through



pepper) and remaining 4 teaspoons oil and ¼ teaspoon salt.

5. To serve, combine wheat berry mixture, fava beans, asparagus, blueberries, and mint. Drizzle with dressing; toss to coat. Serve immediately or cover and chill up to 24 hours.

**TEST KITCHEN TIP:** To save prep time, look for an 8.8-ounce package

steamed fava beans, such as Melissa's brand. They're shelled, peeled, and ready to eat.

**PER SERVING:** 151 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 166 mg sodium, 21 g carb. (4 g fiber, 4 g sugars), 6 g pro.

**UNSURE  
ABOUT A  
PRODUCE  
ITEM?  
ASK THE  
VENDOR  
TO SHARE  
THEIR  
PREP AND  
COOKING  
TIPS.**



Shrimp and Strawberry Spring Rolls



Beef and Spring Vegetable Stir-Fry  
recipe on page 111

### Shrimp and Strawberry Spring Rolls

**SERVINGS** 4 (2 spring rolls and

2 tablespoons sauce each)

**CARB. PER SERVING** 27 g or 26 g

**START TO FINISH** 30 minutes

3 to 4 cups packed arugula  
 1½ cups very thinly sliced fennel  
 ½ cup sliced fresh strawberries  
 1 Tbsp. rice vinegar  
 2 tsp. vegetable oil  
 ¼ tsp. salt  
 ⅛ tsp. black pepper  
 8 8-inch rice papers  
 6 oz. fresh peeled and deveined cooked medium shrimp, halved lengthwise

#### 1 recipe Creamy Orange Dipping Sauce

- In a medium bowl combine first seven ingredients (through pepper).
- Fill a pie plate with warm water. Moisten a rice paper in water (paper will be firm but will soften during assembly); transfer to work surface.
- Place a few shrimp halves across lower third of paper; top with ¼ cup of the arugula mixture. Fold bottom of paper over filling. Fold in sides; roll up tightly. Repeat with remaining papers, shrimp, and arugula mixture. Serve with Creamy Orange Dipping Sauce.

**CREAMY ORANGE DIPPING SAUCE:**  
Remove ¼ teaspoon zest and

squeeze 2 tablespoons juice from 1 orange. In a bowl combine zest and juice, ⅓ cup plain fat-free Greek yogurt, 1½ teaspoons sugar,\* 1½ teaspoons Asian sweet chili sauce, and ⅛ teaspoon crushed red pepper.

**\*SUGAR SUBSTITUTE:** Choose Splenda Granular. Follow package directions to use product amount equivalent to 1½ teaspoons sugar.

**PER SERVING:** 182 cal., 3 g total fat (0 g sat. fat), 67 mg chol., 253 mg sodium, 27 g carb. (2 g fiber, 7 g sugars), 13 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 176 cal., 26 g carb. (5 g sugars).



Cherry Chicken  
Lettuce Wraps  
recipe on page 111



Berry-Rhubarb  
Chocolate Crumble  
recipe on page 112

# FARMERS MARKET

## Buying Guide

THESE VITAMIN A POWERHOUSES SHOULD BE SOFT TO THE TOUCH WITHOUT BEING SQUISHY. AN APRICOT'S AROMA WILL BE FLORAL AND SLIGHTLY NUTTY WHEN RIPE.

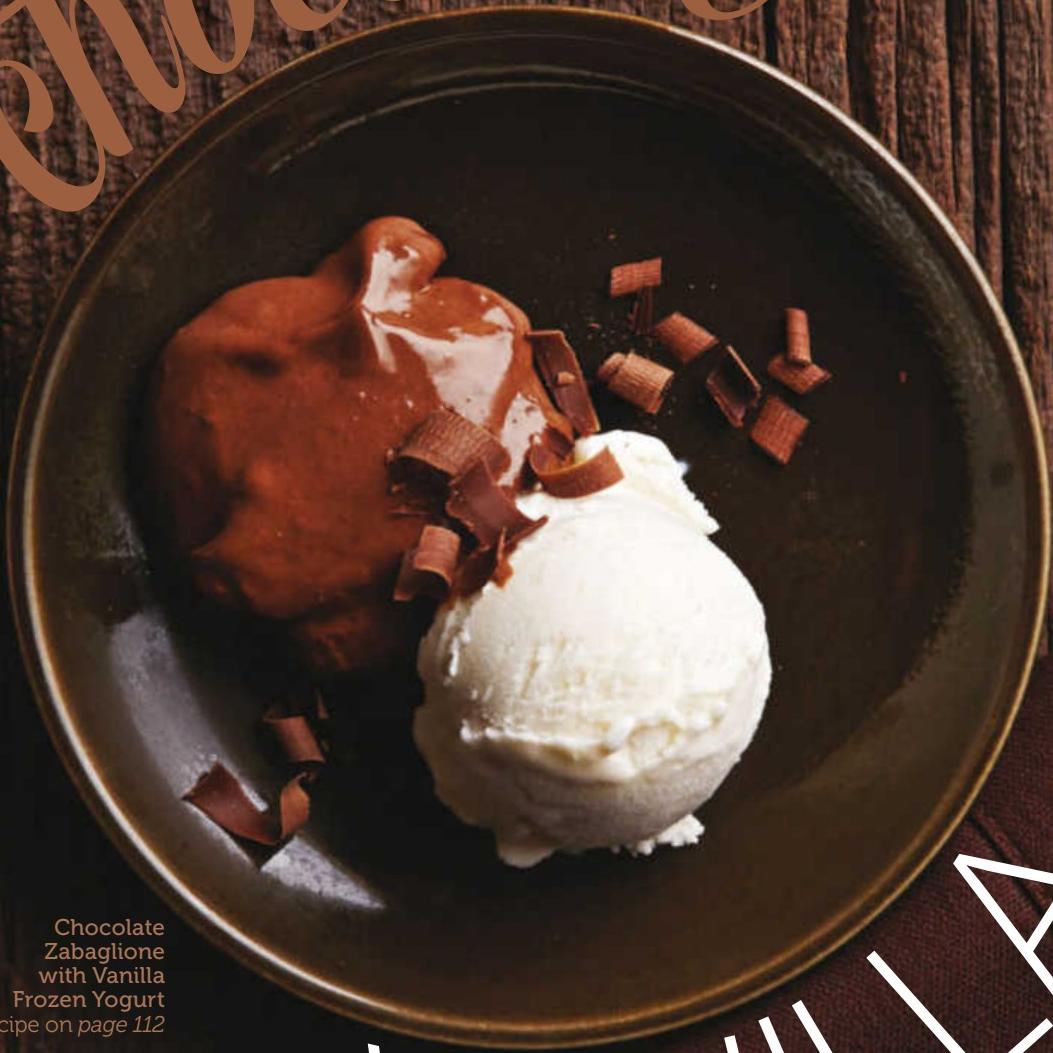
BUY JALAPEÑOS WITH FIRM SKIN THAT ISN'T SHRIVELED. BUT STRIATIONS ON THE SKIN CAN MEAN MATURITY AND INCREASED HEAT.

AVOID BUYING ASPARAGUS WITH "WOODY" ENDS. DRY, SPLIT ENDS ARE A SIGN OF AGING. TIPS SHOULD BE COMPACT, FIRM, AND DRY.

CHERRIES WITH FIRM FLESH AND GREEN STEMS ARE BEST. COLOR WILL VARY BASED ON VARIETAL. AND CHERRY SIZE VARIES DUE TO GROWING CONDITIONS.

FRESH LEMON BALM SMELLS LIKE LEMONADE WITH A HINT OF MINT. BUT USE IT FRESH. LEMON BALM LOSES MUCH OF ITS FLAVOR WHEN DRIED.

# chocolate



Chocolate  
Zabaglione  
with Vanilla  
Frozen Yogurt  
recipe on page 112

# VANILLA

Chocolate and vanilla stand the test of time for a reason. These dreamy desserts will have you on cloud nine.

RECIPES BY Laura Marzen, RD, LD | PHOTOS BY Adam Albright  
FOOD STYLING BY Sue Hoss



IMPRESS YOUR  
GUESTS WITH  
THIS *delicious*  
DESSERT. THEY  
DON'T NEED  
TO KNOW HOW  
*simple* IT IS  
TO MAKE.

White Chocolate Pudding  
Cake with Macadamia Crust  
recipe on page 112

THIS DECADENT  
*cocoa dessert* IS  
SO RICH, JUST  
ONE WILL *satisfy* A  
SWEET TOOTH.

Chocolate-Orange Tassies  
recipe on page 113



## Vanilla Ice Cream Sandwiches

SERVINGS 24 (1 sandwich each)

CARB. PER SERVING 26 g or 18 g

PREP 45 minutes

BAKE 14 minutes

4 oz. reduced-fat cream cheese (Neufchâtel), softened  
½ cup butter, softened  
1¾ cups sugar\*  
1 tsp. baking soda  
1 tsp. cream of tartar  
⅛ tsp. salt  
3 egg yolks  
½ tsp. vanilla bean paste or vanilla  
1¼ cups all-purpose flour  
½ cup white whole wheat flour

3 cups reduced-fat vanilla ice cream, such as Breyer's ½ the Fat brand, softened

1. Preheat oven to 300°F. In a large bowl beat cream cheese and butter on medium for 30 seconds. Add the next four ingredients (through salt). Beat until combined, scraping bowl as needed. Beat in egg yolks and vanilla bean paste. Beat in both flours.
2. Shape dough into 1-inch balls. Place balls 2 inches apart on an ungreased cookie sheet.
3. Bake 14 to 16 minutes or until edges are set but not brown. Cool on cookie sheet 1 minute. Remove; cool on a wire rack.
4. Spread ice cream on bottoms of half of the cookies, using

2 tablespoons for each cookie. Top with remaining cookies, bottom sides down.

\*SUGAR SUBSTITUTE: Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1¾ cups sugar.

TO STORE: Place sandwich cookies in a shallow baking pan and freeze at least 2 hours or until firm. Transfer to a freezer container and freeze up to 1 month.

PER SERVING: 167 cal., 6 g total fat (4 g sat. fat), 39 mg chol., 136 mg sodium, 26 g carb. (0 g fiber, 18 g sugars), 2 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 145 cal., 18 g carb. (11 g sugars).



Chocolate Tiramisu  
Cake Roll  
recipe on page 113

# WHO SAYS VANILLA IS BORING? THIS *light* AND AIRY TREAT HAS *luscious* FLAVOR IN EVERY SPOONFUL.



## Vanilla-White Chocolate Panna Cotta

SERVINGS 4 (about  $\frac{2}{3}$  cup each)

CARB. PER SERVING 29 g or 24 g

PREP 25 minutes CHILL 4 hours

Nonstick cooking spray  
1 envelope unflavored gelatin  
 $\frac{1}{2}$  cup fat-free half-and-half  
 $\frac{3}{4}$  cup plain fat-free Greek yogurt  
 $\frac{3}{4}$  cup fat-free milk  
3 Tbsp. sugar\*  
2 Tbsp. water, vanilla vodka, or marshmallow vodka  
 $\frac{1}{8}$  tsp. salt  
3 oz. white baking chocolate, finely chopped  
1 tsp. vanilla

1. Coat four 8-ounce ramekins with cooking spray and place in a shallow baking pan. In a medium saucepan sprinkle gelatin over half-and-half (do not stir). Let stand 5 minutes. Cook and stir over medium-low heat until gelatin is dissolved. Stir in the next five ingredients (through salt). Cook and stir over medium heat just until heated through. Remove from heat.
2. Stir in white chocolate and vanilla until smooth. Pour mixture into prepared ramekins. Cover and chill 4 hours or until firm.
3. Using a sharp knife, loosen panna cotta from sides of ramekins; unmold onto dessert plates.\*\*

If desired, top with additional

shaved white chocolate.

\*SUGAR SUBSTITUTE: Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 3 tablespoons sugar.

\*\*TEST KITCHEN TIP: If the desserts don't unmold easily, immerse the bottom halves of the ramekins in warm water 30 to 60 seconds.

PER SERVING: 220 cal., 7 g total fat (4 g sat. fat), 6 mg chol., 155 mg sodium, 29 g carb. (0 g fiber, 28 g sugars), 10 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 206 cal., 24 g carb. (23 g sugars).

PROTEIN SPOTLIGHT

# ground BEEF

Chock-full of iron and B vitamins, versatile lean ground beef is a nutritious addition to meals the whole family will love.

RECIPES BY Carla Christian, RD, LD  
PHOTOS BY Karla Conrad & Jason Donnelly  
FOOD STYLING BY Dianna Nolin & Jennifer Peterson



Pineapple-Bacon Barbecue Burgers  
recipe on page 114



## Asian Beef and Cabbage Salad

SERVINGS 6 (1 $\frac{2}{3}$  cups each)

CARB. PER SERVING 17 g

START TO FINISH 35 minutes

- 4 cups packaged shredded broccoli slaw mix
- 3 cups packaged shredded cabbage with carrot (coleslaw mix)
- 3 medium red sweet peppers, cut into bite-size strips
- $\frac{3}{4}$  cup bias-sliced snow pea pods
- $\frac{1}{2}$  cup thinly sliced red onion
- $\frac{1}{2}$  cup light mayonnaise
- $\frac{1}{3}$  cup light Asian salad dressing
- 3 Tbsp. rice vinegar

- 2 Tbsp. lime juice
- 2 Tbsp. reduced-sodium soy sauce
- Nonstick cooking spray
- 1 lb. lean ground beef (95% lean)
- $\frac{1}{2}$  cup sliced green onions
- $\frac{1}{4}$  cup fresh cilantro leaves
- 1 fresh jalapeño chile pepper, seeded (if desired) and sliced\* (optional)

1. In a large bowl combine the first five ingredients (through red onion). Add mayonnaise and Asian dressing; stir to coat.
2. In a small bowl combine the next three ingredients (through soy sauce).

3. Coat a large nonstick skillet with cooking spray; heat skillet over medium heat. Add ground beef; cook until browned. Drain off fat. Stir in soy mixture; cook until liquid is nearly evaporated. Remove from heat. Stir in green onions.

4. Serve meat mixture over slaw mixture. Top with cilantro and, if desired, jalapeño pepper.

**\*TEST KITCHEN TIP:** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

**PER SERVING:** 239 cal., 10 g total fat (3 g sat. fat), 50 mg chol., 555 mg sodium, 17 g carb. (3 g fiber, 9 g sugars), 19 g pro.



## Beef Gyros

SERVINGS 8 (1 sandwich each)

CARB. PER SERVING 19 g

PREP 30 minutes

BAKE 35 minutes

COOL 10 minutes

Nonstick cooking spray

1 cup chopped onion

2 Tbsp. water

1 lb. lean ground beef  
(95% lean)

1 egg

1/4 cup dry whole wheat bread  
crumbs

4 tsp. dried oregano, crushed

2 tsp. dried marjoram,  
crushed

3 cloves garlic, minced

1/2 tsp. kosher salt

1/2 tsp. black pepper  
8 low-carb pita bread rounds  
3 medium roma tomatoes,  
sliced  
1/2 cup thinly sliced cucumber  
1/4 cup thinly sliced red onion  
1/2 cup crumbled reduced-fat  
feta cheese (2 oz.)  
1 recipe Tzatziki Sauce\*

1. Preheat oven to 325°F. Line a 9x5-inch loaf pan with parchment paper; coat with cooking spray.

2. In a food processor combine the 1 cup onion and water; cover and process until smooth. Press pureed onion through a fine-mesh sieve to remove excess liquid; discard liquid. Return onion to food processor. Add the next eight ingredients (through pepper). Cover and process until it forms a paste.

3. Lightly press meat mixture into prepared loaf pan. Place loaf pan in a 13x9-inch baking pan. Pour

enough boiling water into baking pan to reach halfway up sides of loaf pan. Bake 35 to 40 minutes or until done (160°F).\*\* Drain off fat. Cool 10 minutes. Remove; cut into slices about 1/4 inch thick.

4. Fill pitas with meat, tomatoes, cucumber, and red onion; top with cheese. Serve with Tzatziki Sauce.

**TZATZIKI SAUCE:** In a small bowl stir together 1/2 of a 6-ounce carton plain fat-free Greek yogurt; 1/2 cup shredded, seeded cucumber; 1 1/2 teaspoons red wine vinegar; 1 1/2 teaspoons snipped fresh dill; 1 clove garlic, minced; and 1/4 teaspoon kosher salt. If desired, cover and chill up to 4 hours before serving. Makes about 3/4 cup.

**\*FAST VARIATION:** You can purchase tzatziki at your supermarket. Buy a version using fat-free Greek yogurt.

**\*\*TEST KITCHEN TIP:** The meat may appear a bit pink after baking. Use an instant-read thermometer to measure doneness.

**PER SERVING:** 206 cal., 7 g total fat (2 g sat. fat), 64 mg chol., 610 mg sodium, 19 g carb. (7 g fiber, 4 g sugars), 24 g pro.



Mile-High Beefy  
Mac and Cheese  
recipe on page 114

# meals in minutes

Who has time to cook? You will! These recipes prove it takes only minutes to make a delicious, healthful meal.

RECIPES BY Lauren Grant  
PHOTOS BY Jason Donnelly  
FOOD STYLING BY Dianna Nolin

10  
minute

## breakfast

### Red Pepper Omelet

SERVINGS 1 (1 omelet)  
CARB. PER SERVING 6 g  
START TO FINISH 10 minutes

2 cubes chopped frozen basil  
1/2 cup refrigerated or frozen egg product  
1/3 cup chopped roasted red sweet pepper  
1/4 cup crumbled goat cheese (chèvre)

1. In a small bowl microwave basil cubes on 50% power (medium) for 20 seconds. Stir in egg until combined.
2. Lightly coat a small skillet with *nonstick cooking spray*; heat over medium-high. Pour in egg mixture; reduce heat to medium. Cook, without stirring, until egg begins to set. Using a spatula, lift set egg, tilting pan for uncooked egg to run under. Continue until egg is cooked; remove from heat.
3. Arrange red pepper and cheese over half of the egg in skillet. Fold unfilled half over filling. Serve with additional red pepper and cheese. Sprinkle with *black pepper*.

PER SERVING: 201 cal., 9 g total fat (6 g sat. fat),  
22 mg chol., 585 mg sodium, 6 g carb. (1 g fiber,  
4 g sugars), 19 g pro.

**Quick fix:** No waiting around for this meal! We love how Dorot Frozen Chopped Basil cubes make it a snap to season your breakfast omelet. Egg Beaters Original makes omelet prep super simple, too.



Continued on page 77 ➤

Continued from page 74



15  
minute

lunch

### Turkey Spring Rolls

SERVINGS 1 (2 spring rolls)

CARB. PER SERVING 27 g

START TO FINISH 15 minutes

1 Tbsp. Asian sweet chili sauce  
1 tsp. rice vinegar  
½ tsp. sriracha sauce  
⅓ cup packaged shredded cabbage with carrot (coleslaw mix)  
¼ cup snipped fresh cilantro  
6 fresh basil leaves, thinly sliced  
2 sheets rice paper  
2 oz. thinly sliced lower-sodium deli turkey, cut into ¼-inch strips  
¼ cup thin bite-size strips seedless cucumber

1. For dipping sauce, whisk together first three ingredients (through sriracha sauce); set aside.
2. In bowl mix next three ingredients (through basil).
3. Fill a large bowl with lukewarm water. Dip one rice paper into water about 10 seconds or until moistened (paper will be firm but will soften more during assembly).
4. Transfer softened paper to work surface. Place half of the turkey, cucumber, and coleslaw mixture on paper just below the center. Fold in opposite sides; roll up paper, starting from bottom edge. Repeat with remaining paper and filling. Serve with dipping sauce.

PER SERVING: 194 cal., 1 g total fat (0 g sat. fat), 20 mg chol., 534 mg sodium, 27 g carb. (1 g fiber, 7 g sugars), 14 g pro.

**Quick fix:** A Taste of Thai Sweet Red Chili Sauce adds a punch of fresh flavor, and ready-to-use Dole Classic Coleslaw skips a few prep steps for these easy spring rolls.



20  
minute

dinner

### Sautéed Chicken and Edamame Salad

SERVINGS 4 (2 cups each)

CARB. PER SERVING 18 g

START TO FINISH 20 minutes

1½ tsp. olive oil  
6 oz. roasted chicken breast cuts, such as Oscar Mayer brand  
1 cup frozen sweet soybeans (edamame), thawed  
1 cup chopped celery  
¾ cup chopped green sweet pepper  
2 cups cherry tomatoes, quartered  
¼ cup thinly sliced green onions  
3 Tbsp. light Italian dressing  
4 cups fresh baby spinach

1. In a large skillet heat oil over medium-high heat. Add the next four ingredients (through sweet pepper). Cook 5 minutes or until chicken is heated through and vegetables are crisp-tender, stirring occasionally. Stir in the next three ingredients (through dressing).
2. Serve chicken over spinach. Top with remaining ingredients. If desired, toss to combine.

PER SERVING: 218 cal., 8 g total fat (1 g sat. fat), 32 mg chol., 526 mg sodium, 18 g carb. (6 g fiber, 6 g sugars), 20 g pro.

**Quick fix:** Wish Bone Light Italian Salad Dressing, with half the fat and one-third the calories of regular dressing, makes a fast sauce. Stacy's Simply Naked Pita Crisps brings a flaky crunch to the mix.



# - TOAST TO - **SPRING**

These fizzy, fruity, and refreshing cocktails and mocktails are perfect for sipping on a beautiful spring day. Even better: They're all under 15 grams of carb per serving.

RECIPES BY Carla Christian, RD, LD

PHOTOS BY Karla Conrad

FOOD STYLING BY Dianna Nolin

| Coconut-Grape  
Bellini

Pomegranate-  
Citrus Fizz

Starfruit-  
Honeydew  
Sangria

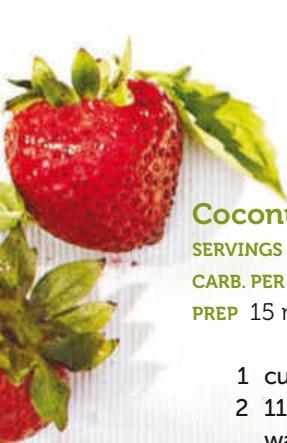




Virgin  
Strawberry  
Moscow Mule

Peach-Mango  
Madras

Blueberry  
Tom Collins



### Coconut-Grape Bellini

SERVINGS 8 (1 cup each)

CARB. PER SERVING 10 g

PREP 15 minutes FREEZE 3 hours

- 1 cup purple seedless grapes
- 2 11.2-oz. bottles coconut water
- Toasted unsweetened coconut, finely chopped
- 1 16.9-oz. bottle zero-calorie grape-flavor water
- 1/8 tsp. coconut extract
- 1 bottle sparkling white wine, such as Prosecco or Asti Spumante

1. Line a small baking sheet with parchment paper. Thread two or three grapes onto each of eight 3- to 4-inch skewers; place on prepared baking sheet. Freeze 3 to 4 hours or until firm.
2. Pour 1 tablespoon of the coconut water onto a small plate and spread toasted coconut onto another small plate. Using eight stemmed glasses, dip the rim of each glass into coconut water, then into coconut to coat.
3. In a pitcher or large glass measuring cup combine the remaining coconut water, grape-flavor water, and coconut extract. Pour into prepared glasses. Add sparkling wine and grape skewers.

PER SERVING: 116 cal., 1 g total fat (1 g sat. fat), 0 mg chol., 31 mg sodium, 10 g carb. (0 g fiber, 7 g sugars), 0 g pro.

### Pomegranate-Citrus Fizz

SERVINGS 8 (1 1/2 cups each)

CARB. PER SERVING 12 g

START TO FINISH 10 minutes

- 1 cup pomegranate vodka
- 1 cup pomegranate juice
- 2/3 cup orange juice
- 1/4 cup lime juice
- 1 cup pomegranate seeds
- 8 thin slices navel orange
- 7 cups club soda, chilled
- Crushed ice

1. In a large pitcher combine the first four ingredients (through lime juice). Stir in pomegranate seeds and orange slices.

2. Before serving, slowly pour in club soda; stir gently. Serve in glasses over crushed ice.

PER SERVING: 115 cal., 0 g total fat, 0 mg chol., 47 mg sodium, 12 g carb. (1 g fiber, 9 g sugars), 1 g pro.

### Starfruit-Honeydew Sangria

SERVINGS 8 (1 2/3 cups each)

CARB. PER SERVING 14 g

PREP 15 minutes

FREEZE overnight CHILL 4 hours

- 3 cups honeydew melon balls
- 1 bottle slightly sweet white wine, such as Riesling or Chenin Blanc
- 2 cups light white grape juice drink
- 2 medium star fruits (carambola), thinly sliced
- 1 1-liter bottle club soda, chilled

1. Line a 15x10-inch baking pan with waxed paper or parchment paper. Place honeydew balls in prepared pan. Cover with plastic wrap and freeze overnight.
2. In a large pitcher combine frozen honeydew balls and the next three ingredients (through star fruits). Cover and chill at least 4 hours. Before serving, slowly pour in club soda; stir gently.

PER SERVING: 125 cal., 0 g total fat, 0 mg chol., 63 mg sodium, 14 g carb. (1 g fiber, 11 g sugars), 1 g pro.

### Virgin Strawberry Moscow Mule

SERVINGS 8 (1 cup each)

CARB. PER SERVING 6 g

START TO FINISH 20 minutes

- 4 cups halved strawberries
- 6 cups diet ginger ale
- 1/4 cup lime juice
- Crushed ice
- 1/2 cup loosely packed small fresh basil leaves
- 8 thin slices fresh ginger

1. In a blender or food processor combine strawberries, 1/2 cup of the ginger ale, and the lime juice. Cover and blend or process until smooth. Strain if desired.

2. Transfer strawberry mixture to a large pitcher. Slowly pour in the remaining ginger ale; stir gently. Fill eight glasses with crushed ice; divide basil and ginger among glasses. Pour in strawberry mixture. **TO PREPARE WITH ALCOHOL:** To each serving add 2 tablespoons (1 ounce) vodka or light rum.

PER SERVING: 25 cal., 0 g total fat, 0 mg chol., 61 mg sodium, 6 g carb. (1 g fiber, 4 g sugars), 1 g pro.



**WHEN BUYING  
A MANGO, GIVE  
IT A SQUEEZE.  
A RIPE MANGO  
WILL GIVE A  
LITTLE WITHOUT  
BEING SQUISHY.**



### Peach-Mango Madras

SERVINGS 8 (1 cup each)

CARB. PER SERVING 12 g

PREP 15 minutes FREEZE 3 hours

**1/2** cup finely chopped mango  
**4** cups light peach-mango vegetable and fruit drink, such as V8 V-Fusion brand  
**2** cups diet cranberry juice drink  
**1** cup orange juice  
**1** cup peach vodka

**1.** Divide chopped mango between two ice-cube trays; fill with water. Freeze 3 to 4 hours or until firm.

**2.** In a large pitcher combine the remaining ingredients. Serve in glasses over the mango ice cubes.

**PER SERVING:** 112 cal., 0 g total fat, 0 mg chol., 48 mg sodium, 12 g carb. (0 g fiber, 10 g sugars), 0 g pro.



### Blueberry Tom Collins

SERVINGS 8 (1 cup each)

CARB. PER SERVING 9 g

START TO FINISH 15 minutes

**1 1/2** cups blueberries  
**1/4** cup lemon juice  
**2** Tbsp. honey  
**1** cup gin  
**7** cups club soda  
Crushed ice  
**8** lemon wedges

**1.** In a large glass measuring cup combine 1 cup of the blueberries, the lemon juice, and honey. Using a muddler or the back of a spoon, gently bruise blueberries against side of cup. Stir in gin.

**2.** Strain through a fine-mesh sieve into a large pitcher. Slowly pour in club soda; stir gently. Serve in glasses filled with crushed ice. Add the remaining  $1/2$  cup blueberries and lemon wedges.

**PER SERVING:** 99 cal., 0 g total fat, 0 mg chol., 44 mg sodium, 9 g carb. (1 g fiber, 7 g sugars), 0 g pro.



## ENJOY RESPONSIBLY

If your health care provider says it's OK for you to drink alcohol, then follow these tips to sip safely:

### 1 | KNOW PORTIONS

Moderation is one drink a day for women and two a day for men. One drink is considered 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.

### 2 | CARRY AN ID

Wear a medical alert bracelet or other ID that lets others know you have diabetes.

### 3 | COUNT CALORIES

Piña coladas, Long Islands, and margaritas pack in alcohol, sugar, and calories. Try low-cal mixers like club soda and diet drinks instead of juices and sodas.

### 4 | EAT UP

Eat a carb-containing meal or snack. Before drinking, your blood glucose should be at a safe level (100–140 mg/dl).

### 5 | CHECK YOURSELF

Test your blood sugar between drinks, after drinking, and before bed. Setting an alarm to test in the middle of the night is good, too.

### 6 | ACTIVITY

Be mindful of activities that lower blood glucose, such as dancing and walking.



# SHAKE the SALT

Sodium is tied to all sorts of health risks. Find out how to reduce your intake—and why that means more than just avoiding the saltshaker.

BY Marsha McCulloch, RD, LD | ILLUSTRATIONS BY Gillian MacLeod  
PHOTOS BY Jason Donnelly | FOOD STYLING BY Dianna Nolin

**S**odium is a hot topic—in late 2015, New York City chain restaurants even began putting warnings on highly salty menu items. While some experts debate how much we should cut our intake, others crunch numbers to find out where Americans get so much of the salty stuff—and calculate how many billions of health care dollars could be saved by simply curbing our salt tooth.

Consuming too much sodium tends to make blood pressure rise. Hypertension (high blood pressure) is to blame for two-thirds of all strokes and half of all cases of heart

disease, according to the Center for Science in the Public Interest (CSPI).

"About two in three people with diabetes report having high blood pressure or taking prescription medications to lower their blood pressure," says Jackie Boucher, RD, LD, CDE, coauthor of the American Diabetes Association's (ADA) most recent position statement on nutrition for adults with diabetes.

"Additionally, if individuals with diabetes have already experienced complications with their kidneys—whose job it is to filter sodium from the body and into the urine—they'll hold on to more sodium. That can

## VISUALIZING SODIUM

**3,500 mg sodium =**  
½ tablespoon salt (average amount adults eat daily)

**2,300 mg sodium =**  
1 teaspoon salt (the daily recommended limit for adults with diabetes and the general population)

**1,500 mg sodium =**  
rounded ½ teaspoon salt (the daily limit that may be appropriate for some adults with diabetes and/or hypertension)

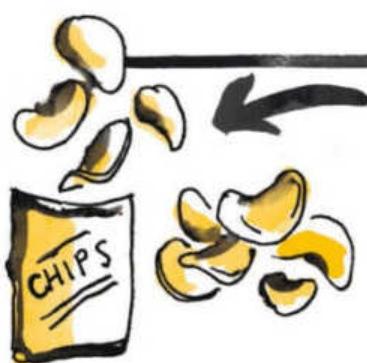
## SODIUM-SMART SHOPPING

Sodium in packaged foods can vary widely by brand and flavor—comparing nutrition labels could save you hundreds of milligrams daily. (Remember: Labels count one serving, not the whole package.) Check out the wide swing in sodium content in supermarket foods that contribute most to Americans' sodium intake. All the more reason to read those labels!

Food	Typical serving size	Sodium per serving
Bread, dinner rolls, bagels, etc.	1 slice or 1.6 oz.	0–620 mg
Lunch meat	2 oz.	210–1,050 mg
Frozen pizza	½ pizza (5 oz.)	270–1,460 mg
Poultry	4 oz.	65–1,040 mg
Canned soup	1 cup	150–1,200 mg
Cheese	1 oz.	16–520 mg
Frozen entrée	1 cup	80–1,960 mg
Potato chips	1 oz.	5–380 mg
Frankfurters and sausages	2–2.5 oz.	190–1,330 mg
Salad dressing	2 Tbsp.	10–620 mg
Cold cereal	¼–1 cup	0–350 mg
Stir-fry mixes and lo mein	1 cup	135–1,390 mg

Note: mg = milligrams, oz. = ounces, Tbsp. = tablespoons

By choosing canned soup carefully, you could save up to 1,000 mg sodium per cup!



Snack on 1 cup airpopped popcorn over 1 oz. of chips to save 200 mg sodium.



Opt for mozzarella over feta and you can save over 300 mg sodium per ounce.



# SEASONING WITHOUT SALT

"People often associate low sodium with no flavor. But you can develop a taste for other types of flavorings that aren't salty," says dietitian Jackie Boucher. Try these ideas:



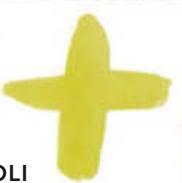
WILD RICE



Dried Cranberries & toasted pecans



STEAMED BROCCOLI



Lemon juice & garlic



ROASTED BUTTERNUT SQUASH



Sage & walnuts



BROILED SALMON



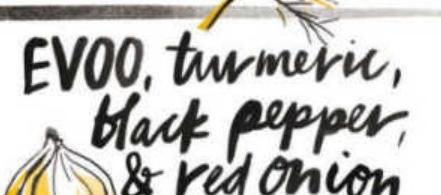
Citrus & dill



SCRAMBLED EXTRA-FIRM TOFU



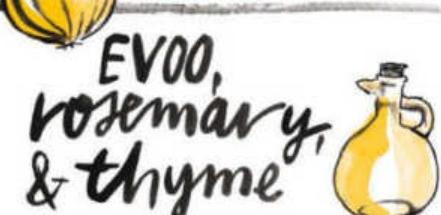
EVOO, turmeric, black pepper, & red onion



SKINLESS CHICKEN BREAST



EVOO, rosemary, & thyme



make blood pressure go up. Consuming excess sodium can also blunt the effectiveness of blood pressure medications," she says.

## What's your limit?

Some organizations, including the American Heart Association, have recommended that adults consume less than 1,500 milligrams (mg) of sodium a day, rather than the more commonly recommended 2,300 mg. However, a few studies in people with diabetes have linked this greater level of sodium restriction with increased mortality risk, so the ADA generally recommends the 2,300 mg limit.

"If someone with diabetes has hypertension and is taking blood pressure medication, and they're cutting back on sodium but not getting the results they need, they should talk to their doctor or dietitian about a further reduction in sodium to dial in a more individualized plan," Boucher says.

## Cutting back

But this isn't as simple as hiding the saltshaker. The CSPI notes that almost 80 percent of our sodium intake comes from processed, packaged, and restaurant foods. A single restaurant entrée often exceeds 1,500 mg sodium or more.

"Go back to the basics, choosing more whole, unprocessed foods—especially fruits and vegetables, which are also rich in potassium, a mineral that helps blunt sodium's negative effects," Boucher says. "Read labels and select lower-sodium options at restaurants."

Some chain restaurants make that task easier for you by posting nutrition information online.

Don't be discouraged if lower-sodium foods seem bland at first. It may take several weeks to get used to eating less sodium.

And here's some good news: Once they've adjusted their taste buds, most people prefer less salt.

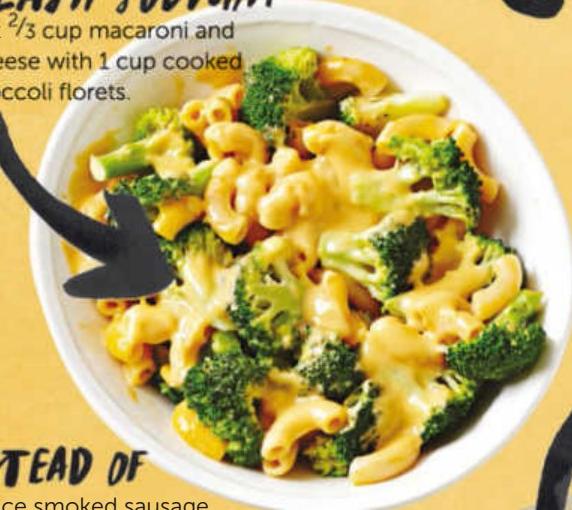
# THE SODIUM COMPROMISE

## INSTEAD OF

1 cup macaroni and cheese  
(759 mg sodium)

## SLASH SODIUM

Mix  $\frac{2}{3}$  cup macaroni and cheese with 1 cup cooked broccoli florets.



## INSTEAD OF

3-ounce smoked sausage link (798 mg sodium)

## SLASH SODIUM

Dice half of sausage link and sauté with collard greens and diced onion.



## INSTEAD OF

1 cup canned chili with beans (939 mg sodium)

## SLASH SODIUM

Heat  $\frac{1}{2}$  cup chili with  $\frac{1}{2}$  cup no-salt-added crushed tomatoes.



## INSTEAD OF

1 medium ( $3\frac{3}{4}$  inches long) dill pickle (785 mg sodium)

## SLASH SODIUM

Use a bite-size dill pickle piece to garnish a deviled egg.

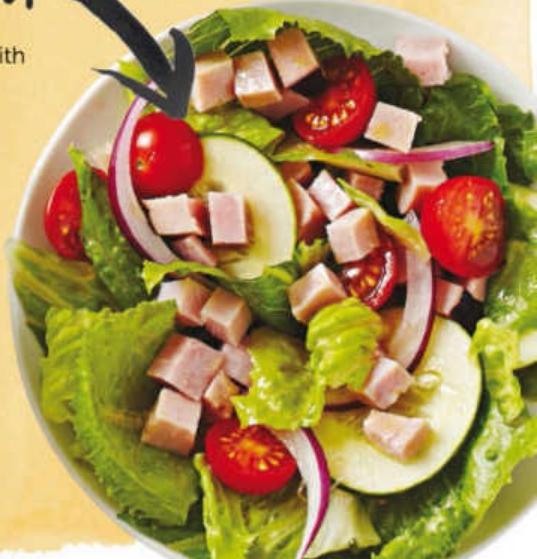


## INSTEAD OF

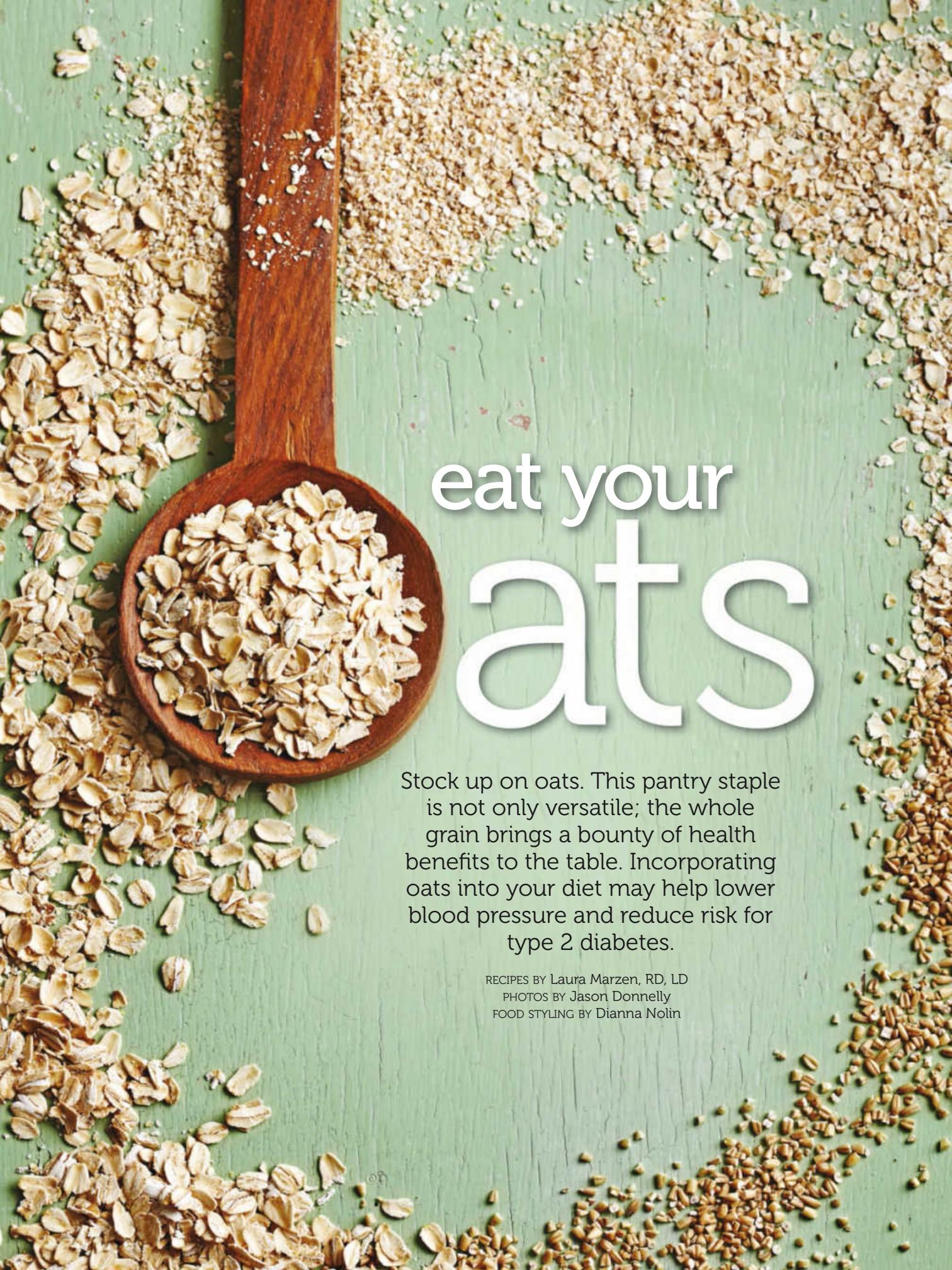
3 ounces roasted ham (1,128 mg sodium)

## SLASH SODIUM

Sprinkle 1 ounce diced ham on a garden salad with vinegar-and-oil dressing.



Some salty packaged foods, such as ham or cottage cheese, simply don't have an alternative brand significantly lower in sodium. Enjoy in small amounts and only occasionally, mixing with other lower-sodium foods.



# eat your oats

Stock up on oats. This pantry staple is not only versatile; the whole grain brings a bounty of health benefits to the table. Incorporating oats into your diet may help lower blood pressure and reduce risk for type 2 diabetes.

RECIPES BY Laura Marzen, RD, LD

PHOTOS BY Jason Donnelly

FOOD STYLING BY Dianna Nolin

Poppy Seed Oat Waffles  
with Citrus Syrup  
recipe on page 115



### OAT BRAN

Made from the outer layers of the grain, fine-texture oat bran is a great source of fiber. Add it to recipes or cook it as cereal. Unlike the other oats, oat bran is not a whole grain because it doesn't contain the germ and endosperm.



## Nutty Chocolate Granola Bars

SERVINGS 12 (1 bar each)

CARB. PER SERVING 24 g

PREP 15 minutes

BAKE 20 minutes

1 cup regular rolled oats  
1/4 cup slivered almonds, chopped  
1/2 cup natural creamy peanut butter  
1/3 cup honey  
1/4 cup refrigerated or frozen egg product, thawed, or 1 egg, lightly beaten  
1 Tbsp. canola oil  
1/2 cup oat bran  
1/4 cup almond meal

1/4 cup chia seed powder or flaxseed meal  
1/4 tsp. salt  
1/3 cup miniature semisweet chocolate pieces

1. Preheat oven to 325°F. In a shallow baking pan combine oats and almonds. Bake 10 minutes or until lightly toasted, stirring twice; cool.
2. Meanwhile, in a large bowl combine the next four ingredients (through oil). Stir in oat mixture and the next four ingredients (through salt) until combined. Stir in chocolate pieces.
3. Line a baking sheet with parchment paper. On prepared

baking sheet shape oat mixture into a 6-inch square; cut square in half. Cut each half crosswise into 1-inch strips (12 bars total). Separate bars, leaving about 1 inch between bars.

4. Bake 10 to 12 minutes or until bars are set and edges are light brown. Remove; cool on a wire rack. If desired, wrap individual bars with plastic wrap.

**TO STORE:** Store wrapped bars at room temperature up to 2 days or freeze in an airtight container up to 3 months.

**PER SERVING:** 221 cal., 13 g total fat (3 g sat. fat), 0 mg chol., 105 mg sodium, 24 g carb. (4 g fiber, 13 g sugars), 7 g pro.





## STEEL-CUT OATS

Also known as Irish oats, these are roasted whole, then cut into smaller pieces using a metal blade. These oats can take 30 minutes to cook, so make them ahead and reheat before serving.

Spiced Anytime Oatmeal  
recipe on page 115



## Cherry-Berry Oatmeal Smoothies

SERVINGS 3 ( $\frac{3}{4}$  cup each)

CARB. PER SERVING 21 g

PREP 10 minutes

COOL 5 minutes

$\frac{1}{2}$  cup water  
 $\frac{1}{3}$  cup quick-cooking rolled oats  
 $\frac{1}{2}$  cup light almond milk or fat-free milk  
 $\frac{3}{4}$  cup fresh or frozen unsweetened strawberries, partially thawed  
 $\frac{1}{2}$  cup fresh or frozen unsweetened pitted dark sweet cherries, partially thawed  
1 to 2 Tbsp. almond butter  
1 Tbsp. honey  
 $\frac{1}{2}$  cup small ice cubes

**1.** In a medium bowl combine the water and oats. Microwave 1 minute. Stir in  $\frac{1}{4}$  cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes.

**2.** In a blender combine oat mixture, the remaining  $\frac{1}{4}$  cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

**TIP:** This recipe easily doubles to make 6 servings.

**PER SERVING:** 121 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 41 mg sodium, 21 g carb. (3 g fiber, 12 g sugars), 3 g pro.



## INSTANT ROLLED OATS

Cut old-fashioned oats even finer to get instant or quick oats. They cook in about 3 minutes. The texture changes, but they're just as nutritious as old-fashioned oats.



## OLD-FASHIONED ROLLED OATS

These oat kernels have been steamed and rolled into flakes. This process allows the oats to cook quickly—just 5 minutes. They have more texture than quick-cooking or instant rolled oats.



### Rhubarb Oat Muffins

SERVINGS 12 (1 muffin each)

CARB. PER SERVING 30 g or 25 g

PREP 20 minutes

BAKE 20 minutes

COOL 5 minutes

Nonstick cooking spray

1¾ cups regular rolled oats

¾ cup whole wheat pastry flour or whole wheat flour

½ cup all-purpose flour

½ cup packed brown sugar\*

1 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

¾ cup buttermilk

½ cup refrigerated or frozen

egg product, thawed, or

2 eggs, lightly beaten

2 Tbsp. canola oil

1 tsp. vanilla

1 cup finely chopped rhubarb

1 Tbsp. packed brown sugar\*\*

½ tsp. ground cinnamon

¼ cup chopped walnuts

1. Preheat oven to 350°F. Line twelve 2½-inch muffin cups with paper bake cups; coat paper cups with cooking spray. Or coat muffin cups with cooking spray.

2. Place ¾ cup of the oats in a food processor; cover and process until ground. Transfer to a large bowl. Stir in another ¾ cup of the oats and the next six ingredients (through salt). Make a well in center of flour mixture.

3. In a medium bowl combine the next four ingredients (through vanilla). Stir in rhubarb. Add rhubarb mixture all at once to flour mixture; stir just until moistened (batter should be slightly lumpy). Spoon into prepared muffin cups, filling each about three-fourths full.

4. For streusel topping, in a bowl combine the 1 tablespoon brown sugar and cinnamon. Stir in the remaining ¼ cup oats and the walnuts. Sprinkle over batter.

5. Bake 20 to 22 minutes or until a toothpick comes out clean. Cool in muffin cups on a wire rack 5 minutes. Remove from muffin cups. Serve warm.

**\*SUGAR SUBSTITUTE:** Choose Splenda Brown Sugar Blend. Follow package directions to use product amount equivalent to ½ cup brown sugar.

**\*\*SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute in the streusel topping.

**PER SERVING:** 181 cal., 5 g total fat (1 g sat. fat), 1 mg chol., 180 mg sodium, 30 g carb. (3 g fiber, 11 g sugars), 5 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 166 cal., 25 g carb. (6 g sugars).



# the facts on FATS

The fats you choose impact your health. Learn the truth about fats, then put them into action with three delicious recipes.

WRITTEN BY Caitlyn Diimig, RD  
RECIPES BY Carla Christian, RD, LD  
PHOTOS BY Adam Albright,  
Jason Donnelly  
FOOD STYLING BY Dianna Nolin,  
Jennifer Peterson

There's no reason to fear fats. Knowing the different fats and how much of them to eat will help you make smarter food choices.

Just as you get more health benefits from eating a variety of fruits and veggies, consuming different healthy fats can do the same. Mix up your healthy fat sources and treat yourself to a little variety. Don't always reach for corn oil when cooking; give peanut oil a shot. If your go-to snack is almonds, try walnuts instead.

The U.S. Department of Agriculture and U.S. Department of Health and Human Services recommend that 20–35 percent of our diet should come from fat. On a 2,000-calorie diet, that's 44–77 grams. To give you an idea of what those numbers look like: One tablespoon of olive oil accounts for 14 grams of total fat; 3 ounces of cooked salmon contains about 7 grams.

Keep in mind the portion of saturated fat making up total fat grams. The American Diabetes Association (ADA) recommends all people, with or without diabetes, eat less than 10 percent of calories from saturated fat. But excessive fat, no matter if it's considered healthy or unhealthy, can contribute to weight gain.

The following pages cover the different types of saturated and unsaturated fats—with some pretty tasty takeaways, too. Enjoy!



Grilled Salmon Salad  
with Raspberry-Walnut  
Vinaigrette  
recipe on page 116

## OMEGA-3 POLYUNSATURATED FATS

The tender and flaky salmon in this recipe pairs perfectly with the raspberry-walnut vinaigrette. And the dish isn't just delicious—walnuts and salmon are heart-healthy choices because they contain omega-3 polyunsaturated fats. Research shows that a diet high in omega-3s decreases total cholesterol and LDL (bad) cholesterol. You can find omega-3 fats in other fatty fishes, like tuna and mackerel, as well as flaxseeds and chia seeds.





## OMEGA-6 POLYUNSATURATED FATS

Tofu, made from soybeans, has a bad rap for being bland. It's anything but in this veggie-packed soup. Soy foods are a great source of omega-6 polyunsaturated fats, which, just like omega-3s, have been found to decrease total cholesterol and LDL cholesterol. The ADA recommends swapping out saturated fats for omega-6s to reduce cardiovascular risk, which is the leading cause of death for people with diabetes. Find omega-6 fatty acids in liquid vegetable oils such as corn, sunflower, and soybean.

Vegetable  
and Tofu Soup  
recipe on page 116

## THE "BAD" FATS TRUTH:

**SATURATED FATS** tend to raise total blood cholesterol and LDL (bad) cholesterol. But more research indicates different types of saturated fats have different effects. Coconut oil sales have sky-rocketed, but it's not necessarily a safe choice. Coconut oil contains lauric acid, a medium-chain saturated fatty acid that lowers LDL cholesterol and raises HDL (good) cholesterol, according to studies. But coconut oil, as well as palm oil and beef, also contains palmitic acid, which promotes the unsafe buildup of plaque in arteries. Stearic acid, a saturated fat found in dark chocolate, appears to have a neutral effect on cardiovascular risk—it doesn't raise LDL, but it doesn't decrease it either. Saturated fats are found in foods that are hard at room temperature, such as cheeses, meats, and butter, and should be eaten in small portions.

**TRANS FATS** result from the hydrogenation (hardening) of unsaturated fatty acids. Artificial trans fats are commonly found in processed foods. Small amounts of naturally occurring trans fats can be found in meats and dairy products. Trans fats don't act like unsaturated fats in the body; instead, they increase LDL and total cholesterol and may even reduce HDL cholesterol. That's bad news, and so the U.S. Food and Drug Administration (FDA) is banning food manufacturers from using artificial trans fats (also called partially hydrogenated oils) in 2018. Until then: It's best to avoid or keep to a minimum.



Peanut-Cilantro  
Chicken Pasta  
recipe on page 116

## MONOUNSATURATED FATS

The peanuts in this flavorful Thai pasta dish contain a wealth of monounsaturated fats. Research shows a diet rich in monounsaturated fats is not only good for the heart but can also help glucose control in people with type 2 diabetes. Monounsaturated fats also benefit you by raising HDL (good) cholesterol. Snacking on nuts, like almonds, cashews, and pecans, is a great way to increase your monounsaturated fat intake. You can also find the healthy fat in canola, olive, and peanut oils, as well as avocados.

# budget meals FOR 2

Fast and cheap food really can be nutritious and delicious. The proof is in these tasty dishes for \$5 or less.

RECIPES BY Linda Brewer, RD | PHOTOS BY Adam Albright  
FOOD STYLING BY Sue Hoss

\$1.93  
per serving

Spring Green Frittata  
recipe on page 117



## Bean and Veggie Patties

SERVINGS 2 (3 patties and  $\frac{1}{4}$  cup topping each)

CARB. PER SERVING 31 g

START TO FINISH 35 minutes

$\frac{1}{2}$  cup shredded zucchini  
 $\frac{1}{3}$  cup shredded carrot  
 $\frac{1}{3}$  cup finely chopped red sweet pepper  
2 Tbsp. coarsely shredded onion\*  
1 clove garlic, minced  
1 egg, lightly beaten  
 $\frac{3}{4}$  cup canned garbanzo beans (chickpeas), rinsed, drained, and mashed  
 $\frac{1}{4}$  cup fine dry bread crumbs  
2 tsp. sesame seeds, toasted  
 $\frac{1}{4}$  cup finely chopped zucchini  
 $\frac{1}{4}$  cup finely chopped tomato  
2 tsp. olive oil  
2 tsp. red wine vinegar or lemon juice  
 $\frac{1}{2}$  of a clove garlic, thinly sliced  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{8}$  tsp. dried oregano, crushed  
 $\frac{1}{4}$  cup plain fat-free Greek yogurt

1. Coat a large nonstick skillet with *nonstick cooking spray*; heat over medium-high heat. Add the first five ingredients (through minced garlic). Cook 5 minutes or until vegetables are tender, stirring occasionally.

2. In a medium bowl combine the next four ingredients (through sesame seeds); stir in cooked vegetables (mixture will be soft). Shape into six  $2\frac{1}{2}$ -inch patties (about  $\frac{1}{4}$  cup mixture each). Coat same skillet with cooking spray. Add patties; cook over medium-high heat 6 minutes or until browned and heated through, turning once.

3. Meanwhile, for topping, in a small bowl combine the next seven ingredients (through oregano). Serve patties with yogurt and topping.

\*TEST KITCHEN TIP: Shred onion using a coarse grater or the coarse shredding blade of a food processor.

PER SERVING: 277 cal., 11 g total fat (2 g sat. fat), 93 mg chol., 561 mg sodium, 31 g carb. (7 g fiber, 10 g sugars), 14 g pro.



## Curried Chicken Apple Wraps

SERVINGS 2 (1 wrap each)

CARB. PER SERVING 17 g

START TO FINISH 20 minutes

1 cup shredded cooked chicken breast  
 $\frac{1}{2}$  cup chopped green apple  
2 Tbsp. chopped red onion  
2 Tbsp. light mayonnaise  
2 Tbsp. plain fat-free Greek yogurt  
 $\frac{1}{4}$  tsp. curry powder

2 6- to 7-inch low-carb flour tortillas, such as La Tortilla brand

14 spinach or 2 leaf lettuce leaves

1. In a medium bowl combine the first six ingredients (through curry powder).
2. Line tortillas with spinach. Fill with chicken mixture; roll up tortillas. If desired, secure with toothpicks.

PER SERVING: 244 cal., 10 g total fat (1 g sat. fat), 65 mg chol., 363 mg sodium, 17 g carb. (8 g fiber, 4 g sugars), 28 g pro.

## Avocado Egg Chilaquiles

SERVINGS 2 (1 individual dish each)

CARB. PER SERVING 24 g

PREP 20 minutes BAKE 20 minutes

COOL 10 minutes

3 6-inch extra-thin corn tortillas, cut into  $\frac{1}{2}$ -inch strips

$\frac{1}{2}$  cup lower sodium salsa,\* such as Newman's Own brand

$\frac{1}{2}$  of a 4-oz. can diced green chile peppers

$\frac{1}{4}$  tsp. salt

Nonstick cooking spray

2 eggs

$\frac{1}{2}$  cup chopped avocado

$\frac{1}{4}$  cup snipped fresh cilantro

2 Tbsp. chopped red onion

Lime wedges

1. Preheat oven to 350° F. Spread tortilla strips on a baking sheet. Bake 10 to 12 minutes or just until starting to brown.

Cool 10 minutes (strips will crisp as they cool).

2. Divide tortilla strips between two 10- to 12-ounce individual baking dishes.

In a bowl stir together the next three ingredients (through salt); pour over tortilla strips. Bake 10 to 15 minutes or until heated through.

3. Meanwhile, coat a medium nonstick skillet with cooking spray; heat over medium heat. Break eggs into skillet and cook until desired doneness.

4. Transfer eggs to baking dishes and sprinkle with avocado, cilantro, and onion. Serve with lime wedges.

\*TEST KITCHEN TIP: Look for a salsa

with less than 100 mg sodium per

2 tablespoons.

PER SERVING: 240 cal., 12 g total fat (3 g sat. fat), 186 mg chol., 579 mg sodium, 24 g carb. (6 g fiber, 6 g sugars), 10 g pro.

\$2.00  
per serving



# ways to wellness

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# LOVE OUR D-FRIENDLY RECIPES?

{we have lots more}

The image shows three magazine covers from the Better Homes and Gardens Special Interest series. From left to right: 'Healthy Meals in Minutes' featuring '149 fast & fresh weight loss recipes'; 'Diabetic Desserts' featuring '116 carb-smart sweets' like 'GUILT-FREE FRUIT DESSERTS' and 'FROSTY MAKE-AHEAD TREATS'; and 'DIABETIC SLOW COOKER' featuring '132 COMFORT FOODS' like 'CHOCOLATE BARS & BROWNIES'. All three are published by 'diabetic living'.

The monitor displays the Meredith Store website with a search bar containing 'diabetic living'. A sidebar on the left lists brands like American Patchwork & Quilting, Better Homes and Gardens, and Diabetic Living. The main content area shows a grid of various diabetic living publications, with one titled 'Enter code: FREESHIP for free shipping'.

A white computer monitor sits on a stand, with a black cursor arrow pointing towards its base. The background is a solid teal color.

{seriously. it's all we do all day.}

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# MOVE

GUIDE TO WELL-BEING ↗



Going for a walk outdoors might boost your mood by reducing rumination, which is when you continuously think about aspects of a negative situation or emotional experience.

*(Proceedings of the National Academy of Sciences, 2015)*



# DANCE IT OFF

Party. Happy. Uplifting. These are the words one woman uses to describe Zumba, the world-music dance craze that has helped her lose weight and control her blood sugar.

BY Debbie Koenig  
PHOTOS BY Matt Timmons



Kristin  
before  
Zumba



"IT HAS  
TO BE  
ENJOYABLE  
AND EASY  
AND FUN  
TO GET  
INTO.  
**ZUMBA**  
**FITS**  
**THAT**  
**TO A T."**

**F**or those in the exercise-is-medicine camp, consider Zumba the spoonful of glucose-free sugar that helps it all go down.

"Zumba is all about the music," says Kristin Gentry, 31, an Albuquerque-based instructor of the dance-fitness phenomenon. "We have Latin music. We have African music, music from all over South America. We even have Bollywood. It's like a party. It's about making people feel happy on the inside by using uplifting music."

Before a friend convinced her to try Zumba in 2011, Kristin had prediabetes and weighed 301 pounds. Eight months later,

she had no trace of the disease. Today, having lost 80 pounds, "I love it so much that I don't ever *not* want to do it," she says. "Zumba has changed my life."

As a Choctaw Indian whose parents both have type 2 diabetes, Kristin's heritage worked against her. Type 2 is rampant in the Native American population; 30 percent are estimated to have prediabetes.

She knew she was following in her parents' footsteps, but it took the diabetes-related death of a beloved aunt to snap Kristin to attention. Weight Watchers helped get her eating under control, but Zumba became her passion. She now teaches four classes a week,



"ZUMBA HAS  
**CHANGED**  
MY LIFE."

including the lower-intensity Zumba Gold program that eased her into exercising.

Kristin still remembers the challenge of her first class. "I couldn't breathe," she says. "I was so embarrassed that the older ladies were doing it but I couldn't. But I told myself: 'If they can do it, I can do it.' And I did."

### Global Beats

Kristin's experience is fairly typical, says Joy Prouty, Zumba's director of education. "It's exercise in disguise," Prouty says. "It's a program that anyone can do and just enjoy."

Zumba—though it sounds Spanish, the name doesn't actually mean anything—was born by accident in the late 1990s. Colombian dancer and aerobics instructor Alberto "Beto" Perez forgot his music for class one day, so he popped in a mixtape of salsa and merengue instead.

He soon discovered that putting simple dance moves to a Latin beat offered just as good a workout as counting reps in traditional aerobics, only it was more fun.

The exhilarating effects of the music proved infectious, and Perez began teaching his new kind of dance-fitness class regularly.

In 1999, success at home inspired Perez to bring his class to Miami, and from there the fitness craze exploded. Today, 15 million people in 180 countries take a Zumba class every week—8 million of them in the United States alone. It's the largest branded fitness program in the world, with original music created by leading artists to fit a range of global dance moves, including cumbia, samba, belly dance, bhangra, and hip-hop, as well as salsa and merengue.

Prouty chalks those numbers up to the fact that Zumba dancers don't feel like they're working out.

"For someone to participate for a long time, to have exercise become part of their life, it has to be enjoyable and easy and fun to get into. Zumba fits that to a T."



### You Can Zumba, Too

With thousands of certified Zumba instructors leading classes at gyms, dance studios, houses of worship, recreation and senior centers, YMCAs, and even nightclubs, you can find one near you in just a few clicks: Enter your ZIP code at [zumba.com](http://zumba.com).

Many options don't require a gym membership. For example, Kristin teaches at a community center and charges \$2–\$3 per class. If you haven't exercised regularly for a long time, find a Zumba Gold class, which offers the same energizing world music with modified moves at a gentler pace.

Not ready to shake it in public? Learn the moves ahead of time by checking out a Zumba DVD from the library or trying an introductory video on YouTube. Kristin particularly likes a Zumba power couple, instructor Gina Grant and musician Dahrio Wonder.

Kristin loves watching the newbies experience Zumba for the first time. "I can see when somebody's getting it," she says. "They'll laugh, make a little joy movement. I can look at their face and see that they're happy."

## TO PREPARE FOR YOUR FIRST ZUMBA SESSION

- **Wear loose, comfortable clothing** that breathes. You'll get sweaty!

- **On your feet: sneakers.**

Almost any type will do, Prouty says, except for running shoes; they're built for forward motion, and Zumba involves a lot of lateral dance steps. If you have foot problems related to diabetes, make sure you have appropriate cushioning.

- **Bring a bottle of water** and take breaks to drink regularly during the class.

- **Before the class starts,** introduce yourself to the

instructor. Explain that you're new and ask where to stand for the best view of the moves.

- **Once the music starts,** just keep going! "The most important thing is to never stop moving your feet," Kristin says. "Even if you're totally lost, just march in place. As long as you do that, you're doing the whole class perfectly."

- **If the choreography seems intimidating,** try focusing on the instructor's feet first. You can always add the arm movements later.

# I did it!

## "Crossfit Made Me Stronger Than Ever."

BY Karla Walsh

As a child in Guyana, Candace Cort didn't have to try to be active. "I walked to school, climbed trees, and played hide-and-seek outside," she says. But things changed when her family moved to the United States in 1997.

### FAMILY MATTERS

Her family's sedentary lifestyle took its toll. Candace's weight increased, and her mom and grandmother were diagnosed with type 2 diabetes. "Seeing my grandma collapse from low blood sugar shocked me into action," Candace says. At 27, she downloaded the Couch to 5K app. Running a mile was tough at first, but she worked up to five miles, then signed up for CrossFit.

### BEAST MODE

When she first walked into the CrossFit gym, Candace nearly quit. "There were women flipping enormous tractor tires. Talk about intimidating!"

But Candace stuck it out. Her first workout was a killer; she struggled to dead-lift a 45-pound bar. "The opportunity to set a new personal best each day kept me coming back," she says.

Today, at 31, Candace can dead-lift 265 pounds and run 12 miles.

### GET-FIT TIPS

- "I'd watch a few Beyoncé videos at night, then go to sleep with my workout clothes. No excuse in the morning not to just get up and go."
- "I bought a cute swimsuit and hung it behind my bedroom door, where I saw it when I went to bed at night and when I woke up in the morning."
- "When you go to work daily, you get a paycheck, right? I set weekly goals like that. I'll work out four days and rest three. After I reach that goal, I'll treat myself to something nice, like a favorite candy—only now if it's a Snickers bar, I'll have the mini Snickers."
- "Pack breakfast and lunch or plan lunch. It saves you from cheating, and you keep money in your pocket."
- "Making mini goals for myself was the best thing. I'd go as simple as 'I will run this one block without stopping this week.' The next week, I'd run two blocks. With goals that easy, you can really keep it going."



### WHAT WORKED

"I always start my week with a workout. For me, if I don't work out on Monday, it's hard to start on the other days."

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serving suggestion.

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# LAUGHTER may be the best medicine after all



On paper, Dawn Peterson's life wouldn't read like a recipe for happiness. Yet a joyful outlook helps her deal with the tough stuff.

BY Frank Bures

ILLUSTRATIONS BY Ananda Spadt

**G**rowing up, Dawn Peterson had a deeply contentious relationship with her mother. When she was 16, her older brother Ricky was killed in an explosion aboard the USS *Iowa*. She put herself through college and married a man with whom she had three children. Soon after the third was born, they divorced, and she now raises them on her own.

It's a heavy load for one person to carry. Yet if you met Dawn, you'd find a healthy, joyful person.

"There is a lot of laughter in our house," she says. "The kids and I, we

laugh a lot. We laugh over stupid things. We make faces and have random dance parties in the kitchen. We embrace our own brand of uniqueness. It's a better way of getting through life. It's our way of dealing with everything else that's not so fantastic."

There's a lot in life that isn't so fantastic. The shock of learning that you have diabetes. The daily struggle of managing your blood sugar. Living with the fear of hyperglycemia and hypoglycemia.

Choosing to laugh and experience joy despite life's burdens may be the

ultimate survival instinct, says Lee Berk, Dr.P.H., a medical researcher at Loma Linda University in California.

Plus, Berk says, laughter is healthy—and the Petersons are using it as an effective coping tool.

"They're indirectly taking life's traumas and using humor to move from distress to much less stress," Berk says. "They're helping their brain and body wellness. The more we learn about both, the more we realize they're interconnected."

When the Petersons get each other to laugh, they're enhancing

their endorphins and bringing up their serotonin levels, decreasing stress levels, and boosting their immune systems. With their own goofy humor, they're providing each other with psychotherapy.

"This family has made the very intelligent decision to see the cup half-full," Berk says.

### Lighten up

Berk is talking from experience. For three decades, he's studied the immune and endocrine effects of positive emotions on the body.

What he's learned is, well, kind of delightful: Laughter may be as good for your health as proper eating habits and daily exercise.

"Our systems are interconnected," Berk says. "For example, the organ with the most emotion receptors isn't the brain; it's the gut. When people are stressed or upset, they say they're sick to their stomach. This is literally true. Bottom line, there is no thought process that we have as human beings that doesn't translate into our body's health."

So Berk argues—and he says neuroscience agrees—that experiencing mirthful laughter each day makes us healthier.

He conducted a study of patients with type 2 diabetes and heart issues, dividing them into two groups, both with equivalent levels of medical care.

The only difference: The experimental group was prescribed 30 minutes of humor or comedy on TV each day.

"Huge difference," Berk says. "The experimental group decreased their medications and were much healthier at the end of the study. Why? Because laughter dissipated the stress of their lives, and stress affects health in a negative way."

Why we laugh is not well understood by science, though some researchers argue that there are, in fact, different kinds of laughter. One is more of a gap filler



that helps smooth out our social interactions. There's nervous or fearful laughter, too.

Mirthful laughter takes place when something strikes us as truly funny. Berk says his research shows it increases circulation, decreases hypertension, and stimulates the immune system. It stops the release of stress hormones and increases feel-good hormones that calm us and ease anxiety.

"We couldn't make a pill that worked better than that," Berk says.

Still, it can take both time and effort to see the humorous side of things, as Dawn recently recalled when her 11-year-old daughter wanted to go to a talent audition. They got all the required photos and documents and drove there. Her daughter performed beautifully.

The next day she was called back, but they were told they'd have to pay up to \$7,000 for the company's talent services. Dawn realized they'd been had and they walked out.

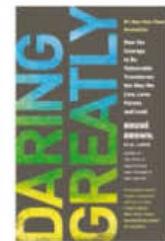
"I was angry and sad for her," Dawn says. "But she handled the disappointment with grace, sparkle, and dignity. I thought, Wow, I raised a really incredible kid. She approached the whole situation like she'd learned something rather than just letting it get her down."

Someday, no doubt, they'll have a good laugh about it.

## OTHER WAYS TO LIGHTEN YOUR LOAD

### 1. Practice gratitude.

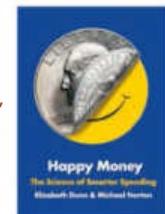
Brené Brown, author of *Daring Greatly* (Avery, 2015), says joyfulness is a result of gratitude, not a cause of it. In her research, all people who described themselves as joyful also had a "gratitude practice" of writing or saying something they were grateful for daily.



### 2. Experience the world.

In *Happy Money: The Science of Smarter Spending*

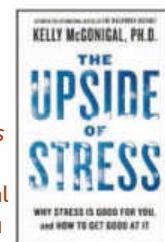
(Simon & Schuster, 2014), Elizabeth Dunn and Michael Norton explain that spending money on experiences, rather than things, increases happiness more because experiences increase in value over time, whereas most material purchases decrease.



### 3. Change your mind-set.

Try not to fear the obstacles in front of you.

Rather, view them as challenges. In her book *The Upside of Stress* (Avery, 2015), Kelly McGonigal shows how you can shift the way your body reacts to stress from the more damaging "threat response" to a much healthier "challenge response," which helps you grow, connect with others, and live in a more meaningful way.



# RECIPES



See how we calculate nutrition information to help you count calories, carbs, and serving sizes.

## High-Standards Testing

This seal assures you every recipe in this issue of *Better Homes and Gardens® Diabetic Living®* magazine has been tested in the Better Homes and Gardens® Test Kitchen. This means each recipe is practical, reliable, and meets our high standards of taste appeal.

## Inside Our Recipes

Precise serving sizes (listed below each recipe title) help you to manage portions. Test Kitchen tips and sugar substitutes are listed after recipe directions. Kitchen basics such as ice, salt, black pepper, and nonstick cooking spray often are not listed in the ingredients list; they are italicized in the directions.

### Ingredients

- Tub-style vegetable oil spread refers to 60% to 70% vegetable oil product.
- Lean ground beef refers to 95% or leaner.

## Nutrition Information

Nutrition facts per serving are noted with each recipe. Ingredients listed as optional are not included in the nutrition analysis. When ingredient choices appear, we use the first one to calculate the nutrition analysis.

## Key to Abbreviations

- |          |                 |       |                |
|----------|-----------------|-------|----------------|
| cal.     | = calories      | carb. | = carbohydrate |
| sat. fat | = saturated fat | pro.  | = protein      |
| chol.    | = cholesterol   |       |                |

## FARM TO TABLE

*Continued from page 63*

### Cauliflower, Green Pea, and New Potato Salad

SERVINGS 8 ( $\frac{3}{4}$  cup each)

CARB. PER SERVING 15 g or 14 g

START TO FINISH 35 minutes

- 1 lb. tiny new potatoes, halved and/or quartered
- 1/2 cup fresh peas
- 3 Tbsp. white wine vinegar
- 2 tsp. sugar\*
- 1/2 tsp. Dijon-style mustard
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 Tbsp. olive oil
- 3 cups small purple, orange, or regular cauliflower florets\*\*
- 1/2 cup chopped onion
- 6 slices lower-sodium, less-fat bacon, crisp-cooked and coarsely crumbled
- 2 Tbsp. pine nuts, toasted
- 1 Tbsp. snipped fresh parsley

1. In a covered large saucepan cook potatoes in enough boiling water to cover 12 to 15 minutes or just until tender, adding peas the

last 2 to 3 minutes of cooking; drain.

2. Meanwhile, in a small bowl whisk together the next five ingredients (through pepper).

3. In a large skillet heat oil over medium heat. Add cauliflower and onion; cook 5 to 8 minutes or until cauliflower is browned and crisp-tender, stirring occasionally. Stir in vinegar mixture and bacon. Gently stir in potatoes; heat through.

To serve, top with pine nuts and parsley.

**\*SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 2 teaspoons sugar.

**\*\*TEST KITCHEN TIP:** Colored cauliflower tastes just like the white variety. Can't find it at your local market? Major grocery store chains now carry this nutritious vegetable.

**PER SERVING:** 129 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 55 mg sodium, 15 g carb. (2 g fiber, 4 g sugars), 4 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 127 cal., 14 g carb. (3 g sugars).

### Chipotle Grilled Pork Chops with Grilled Apricot Salsa

SERVINGS 4 (1 chop and  $\frac{1}{4}$  cup salsa each)

CARB. PER SERVING 7 g

PREP 20 minutes

GRILL 14 minutes

- 4 medium fresh apricots, halved and pitted
- 3 Tbsp. finely chopped red onion
- 2 Tbsp. snipped fresh cilantro
- 1 Tbsp. lime juice
- 1/2 of a fresh jalapeño chile pepper, seeded (if desired) and minced\*
- 2 cloves garlic, minced
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 4 8-oz. bone-in pork rib or loin chops, cut  $\frac{3}{4}$  to 1 inch thick and trimmed
- 2 tsp. canola oil
- 1 recipe Chipotle Barbecue Rub or 1 Tbsp. Southwest sweet and smoky salt-free seasoning, such as McCormick brand

- Grease grill rack; place apricots, cut sides down, on rack. Grill, covered, over medium-high heat 2 to 3 minutes or until lightly charred. Remove; reduce heat to medium. Chop apricots.
- For salsa, in a bowl combine apricots and the next seven ingredients (through black pepper).
- Brush chops with oil. Sprinkle with Chipotle Barbecue Rub; rub in with your fingers. Grill chops, covered, 12 to 15 minutes or until a thermometer registers 145°F, turning once. Cover and let stand 3 minutes. Serve chops with salsa. If desired, top with additional cilantro.

**CHIPOTLE BARBECUE RUB:** In a small bowl combine 1 tsp. packed brown sugar,\*\* 1/2 tsp. dry mustard, 1/2 tsp. paprika, 1/2 tsp. ground chipotle chile pepper, 1/4 tsp. salt, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/4 tsp. black pepper.

**\*TEST KITCHEN TIP:** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

**\*\*SUGAR SUBSTITUTE:** Choose Splenda Brown Sugar Blend. Follow package directions to use product amount equivalent to 1 teaspoon brown sugar.

**PER SERVING:** 233 cal., 9 g total fat (2 g sat. fat), 76 mg chol., 358 mg sodium, 7 g carb. (1 g fiber, 5 g sugars), 31 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 4 g sugars.

## Chicken, Kiwi, and Avocado Salad

**SERVINGS** 4 (1 1/4 cups salad, 3 1/2 ounces cooked chicken, and 1 tablespoon dressing each)

**CARB. PER SERVING** 22 g

**START TO FINISH** 30 minutes

- 1 lb. skinless, boneless chicken breast halves
- Nonstick cooking spray
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 Tbsp. lime juice

- 1 Tbsp. honey
- 1 Tbsp. olive oil
- 2 tsp. snipped fresh basil
- 1/2 tsp. Dijon-style mustard
- 1 clove garlic, minced
- 4 cups fresh baby spinach
- 4 kiwifruits, peeled, halved, and sliced
- 1 medium avocado, halved, seeded, peeled, and sliced
- 1/2 cup very thinly sliced watermelon radishes, halved, or regular radishes\*
- 1/2 cup crumbled goat cheese (*chèvre*) (optional)

**1.** Lightly coat chicken with cooking spray; sprinkle with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Grill chicken, covered, over medium heat 15 to 18 minutes or until done (165°F).

**2.** For dressing, whisk together the next six ingredients (through garlic) and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.

**3.** Arrange spinach, kiwifruits, avocado, and radishes on plates. Slice chicken and arrange on salads. If desired, top with cheese and additional basil. Drizzle with dressing.

**\*TEST KITCHEN TIP:** Use a mandoline slicer to evenly slice radishes.

**PER SERVING:** 304 cal., 12 g total fat (2 g sat. fat), 83 mg chol., 401 mg sodium, 22 g carb. (6 g fiber, 12 g sugars), 29 g pro.

## Cherry Chicken Lettuce Wraps

**SERVINGS** 4 (2 wraps each)

**CARB. PER SERVING** 11 g

**START TO FINISH** 30 minutes

- 12 oz. cooked chicken breast, chopped
- 1/2 cup sliced celery
- 1/4 cup sliced green onions
- 1/4 cup light mayonnaise
- 1/4 cup plain fat-free Greek yogurt
- 2 Tbsp. snipped fresh lemon balm or lemon thyme

- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 8 butterhead lettuce leaves
- 1 cup quartered fresh dark sweet cherries
- 1/4 cup sliced or slivered almonds, toasted

**1.** In a medium bowl combine the first eight ingredients (through pepper). Spoon chicken mixture evenly onto lettuce leaves. Top with cherries and almonds.

**PER SERVING:** 269 cal., 12 g total fat (2 g sat. fat), 78 mg chol., 322 mg sodium, 11 g carb. (2 g fiber, 7 g sugars), 30 g pro.

## Beef and Spring Vegetable Stir-Fry

**SERVINGS** 6 (1 cup stir-fry and 1/3 cup rice each)

**CARB. PER SERVING** 33 g

**START TO FINISH** 40 minutes

- 1/4 cup orange juice
- 3 Tbsp. sweet rice wine (mirin)
- 2 Tbsp. rice vinegar
- 2 Tbsp. red miso paste
- 2 Tbsp. reduced-sodium soy sauce
- 2 tsp. cornstarch
- 2 Tbsp. canola oil
- 1 1/2 lb. boneless beef sirloin steak, trimmed and thinly sliced
- 2 cups fresh snow pea pods
- 1 cup sliced carrots
- 1 cup red sweet pepper strips
- 4 tsp. minced fresh ginger
- 6 cloves garlic, minced
- 3 cups assorted fresh wild mushrooms,\* cut into bite-size pieces
- 6 green onions, cut into 1-inch pieces
- 1 tsp. sesame seeds, toasted
- 2 cups hot cooked brown rice

**1.** For sauce, in a small bowl combine the first six ingredients (through cornstarch).

**2.** In an extra-large skillet heat 1 tablespoon of the oil over

# RECIPES

medium-high heat. Add beef, half at a time, and cook 2 to 3 minutes or until browned, stirring constantly. Remove from skillet.

**3.** Add remaining 1 tablespoon oil to hot skillet. Add snow peas and carrots; cook and stir 3 minutes. Add the next three ingredients (through garlic); cook and stir 1 minute. Add mushrooms and green onions; cook and stir 3 to 4 minutes more or just until vegetables are crisp-tender. Remove from skillet.

**4.** Stir sauce and pour into skillet. Cook and stir until thickened and bubbly. Return cooked beef and vegetables to skillet, stirring to coat. Cook and stir 1 minute more. Top with sesame seeds and additional green onions. Serve with rice.

**\*TEST KITCHEN TIP:** Choose assorted mushrooms from your local market. For example, try oyster, shiitake, cremini, and morel mushrooms.

**PER SERVING:** 350 cal., 10 g total fat (2 g sat. fat), 68 mg chol., 557 mg sodium, 33 g carb. (4 g fiber, 10 g sugars), 31 g pro.

## Berry-Rhubarb Chocolate Crumble

**SERVINGS** 12 ( $\frac{1}{3}$  cup each)

**CARB. PER SERVING** 31 g or 23 g

**PREP** 30 minutes

**BAKE** 40 minutes

**COOL** 30 minutes

4 oz. chocolate biscotti, crushed  
 $\frac{1}{3}$  cup all-purpose flour  
 $\frac{1}{4}$  cup packed brown sugar\*  
3 Tbsp. whole wheat flour  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup butter, cut into cubes  
 $\frac{1}{3}$  cup granulated sugar\*  
 $\frac{1}{4}$  cup packed brown sugar\*  
2 Tbsp. all-purpose flour  
1 tsp. vanilla  
3 cups halved fresh strawberries  
2 cups sliced fresh rhubarb  
1 cup fresh raspberries  
 $\frac{3}{4}$  cup frozen light whipped dessert topping, thawed (optional)

**1.** Preheat oven to 350°F. For topping, in a bowl combine the first five ingredients (through salt). Using your fingers, work butter into biscotti mixture until incorporated.

**2.** In a large bowl stir together the next four ingredients (through vanilla). Add fruit; toss gently to coat.

**3.** Coat a 2-quart shallow baking dish with *nonstick cooking spray*. Transfer fruit mixture to prepared dish. Sprinkle with biscotti mixture.

**4.** Bake 40 minutes or until filling is thickened and bubbly. Cool 30 minutes before serving. If desired, serve with whipped topping and sprinkle with additional crushed biscotti.

**\*SUGAR SUBSTITUTES:** Choose Splenda Brown Sugar Blend to substitute for the brown sugar. Follow package directions to use product amount equivalent to  $\frac{1}{4}$  cup brown sugar each for the topping and filling. Choose Splenda Sugar Blend to substitute for the granulated sugar. Follow package directions to use product amount equivalent to  $\frac{1}{3}$  cup granulated sugar.

**PER SERVING:** 180 cal., 6 g total fat (3 g sat. fat), 20 mg chol., 114 mg sodium, 31 g carb. (2 g fiber, 20 g sugars), 2 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 156 cal., 23 g carb. (12 g sugars).

## CHOCOLATE VANILLA

*Continued from page 69*

### Chocolate Zabaglione with Vanilla Frozen Yogurt

**SERVINGS** 6 (2 tablespoons zabaglione and  $\frac{1}{3}$  cup frozen yogurt each)  
**CARB. PER SERVING** 29 g or 25 g  
**PREP** 25 minutes **CHILL** 2 hours

3 egg yolks  
 $\frac{1}{4}$  cup sugar\*  
3 Tbsp. fat-free half-and-half  
2 Tbsp. unsweetened cocoa powder  
2 Tbsp. sweet Marsala

$\frac{1}{8}$  tsp. salt  
1 oz. dark chocolate, grated  
 $\frac{1}{2}$  tsp. vanilla  
2 cups fat-free vanilla frozen yogurt  
1 oz. dark chocolate, cut into curls or finely shredded

**1.** In the top of a double boiler combine the first six ingredients (through salt). Place over simmering (not boiling) water (top pan should not touch water). (Or use a medium heatproof bowl set over a medium saucepan of simmering water.)

**2.** Beat mixture constantly on medium (or beat with a whisk) about 10 minutes or until mixture thickens, mounds, and reaches a temperature of 145°F for 3½ minutes (or just until mixture reaches 160°F). Remove from heat. Beat in grated chocolate and vanilla until smooth. Cover and chill at least 2 hours.

**3.** Serve zabaglione with frozen yogurt. Sprinkle servings with chocolate curls.

**\*SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to  $\frac{1}{4}$  cup sugar.

**PER SERVING:** 186 cal., 6 g total fat (3 g sat. fat), 93 mg chol., 97 mg sodium, 29 g carb. (1 g fiber, 22 g sugars), 4 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 173 cal., 25 g carb. (17 g sugars).

### White Chocolate Pudding Cake with Macadamia Crust

**SERVINGS** 12 (1 slice each)  
**CARB. PER SERVING** 31 g  
**PREP** 55 minutes **CHILL** overnight  
**BAKE** 25 minutes  
**COOL** 10 minutes

1 recipe White Chocolate Pudding  
1 cup all-purpose flour  
1 tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
2 eggs, room temperature  
 $\frac{2}{3}$  cup sugar\*

**1/2** cup fat-free milk  
**2** Tbsp. butter  
**1** tsp. vanilla  
**1/3** cup finely chopped raw macadamia nuts  
**2** Tbsp. sugar\*

1. Prepare White Chocolate Pudding; chill overnight.
  2. Preheat oven to 350°F. Line a 9-inch round cake pan with nonstick foil, extending foil over edges. In a small bowl stir together flour, baking powder, and salt.
  3. In a medium bowl beat eggs on high about 4 minutes or until thick. Gradually add the  $\frac{2}{3}$  cup sugar, beating on medium 4 to 5 minutes or until light and fluffy. Beat in flour mixture just until combined.
  4. In a small saucepan cook and stir milk and butter over medium heat until butter is melted. Add milk mixture and vanilla to egg mixture, beating until combined. Spread batter in prepared pan.
  5. Bake 20 minutes. Sprinkle with nuts and the 2 tablespoons sugar. Bake 5 to 10 minutes more or until a toothpick comes out clean. Cool in pan on a wire rack 10 minutes. Using foil, lift cake out of pan. Remove foil; cool cake completely on rack.
  6. Using a long serrated knife, cut cake in half horizontally. Spread cut side of cake bottom with White Chocolate Pudding. Add cake top, nut side up.
- WHITE CHOCOLATE PUDDING:** In a medium saucepan stir together 3 Tbsp. sugar\* and 4 tsp. cornstarch. Gradually stir in  $\frac{1}{4}$  cups fat-free milk. Cook and stir over medium heat until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Gradually stir about  $\frac{1}{2}$  cup of the hot mixture into 2 lightly beaten egg yolks. Return yolk mixture to remaining hot mixture in saucepan. Bring to a gentle boil, stirring constantly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Stir in 2 oz. white baking chocolate, finely chopped; 1 Tbsp. lemon juice; 1 tsp.

butter; and 1 tsp. vanilla until smooth. Place saucepan in an extra-large bowl half-filled with ice water and stir 2 minutes to cool quickly. Transfer pudding to a medium bowl; cover surface with plastic wrap and chill overnight.

**\*SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for this recipe.

**PER SERVING:** 213 cal., 8 g total fat (3 g sat. fat), 69 mg chol., 152 mg sodium, 31 g carb. (1 g fiber, 21 g sugars), 4 g pro.

### Chocolate-Orange Tassies

**SERVINGS** 24 (1 tassie each)  
**CARB. PER SERVING** 11 g or 10 g  
**PREP** 55 minutes **BAKE** 8 minutes  
**COOL** 30 minutes

**1** recipe Chocolate Tassie Cups  
**1** Tbsp. sugar\*  
**1½** tsp. cornstarch  
**½** cup fat-free milk  
**3** Tbsp. refrigerated or frozen egg product, thawed, or  
**1** egg, lightly beaten  
**3** oz. dark chocolate, chopped  
**¼** tsp. orange zest  
**¼** tsp. vanilla  
**½** cup frozen light whipped dessert topping, thawed  
 Unsweetened dark Dutch-process cocoa powder

1. Prepare Chocolate Tassie Cups.
2. Meanwhile, for filling, in a small saucepan stir together sugar and cornstarch. Gradually stir in milk. Cook and stir over medium heat until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat.
3. Gradually stir about  $\frac{1}{2}$  cup of the hot mixture into egg. Return egg mixture to remaining hot mixture in saucepan. Bring to a gentle boil, stirring constantly; reduce heat. Cook and stir 2 minutes more. Stir in the next three ingredients (through vanilla) until chocolate is melted.
4. Place saucepan in an extra-large bowl half-filled with ice water and stir 2 minutes to cool quickly.

Transfer chocolate mixture to a medium bowl; cover surface with plastic wrap and cool 30 minutes.

5. Fold whipped topping into chocolate mixture. Spoon or pipe filling into cooled tassie cups. Sprinkle with cocoa powder.

**CHOCOLATE TASSIE CUPS:** Preheat oven to 400°F. In a medium bowl beat 4 oz. reduced-fat cream cheese (Neufchâtel), softened, and  $\frac{1}{4}$  cup butter, softened, on medium until smooth. Beat in 4 oz. dark chocolate, melted; 3 Tbsp. sugar\* and 2 Tbsp. flaxseed meal. Stir in  $\frac{3}{4}$  cup all-purpose flour and  $\frac{1}{8}$  tsp. salt. Shape dough into 24 balls. Press onto bottoms and sides of 24 ungreased  $\frac{3}{4}$ -inch muffin cups, using floured fingers if needed. Bake 8 minutes or until edges are firm and bottoms are set. Cool in muffin cups on a wire rack 5 minutes. Remove; cool completely on rack.

**\*SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amounts equivalent to 1 tablespoon sugar and 3 tablespoons sugar.

**PER SERVING:** 101 cal., 7 g total fat (4 g sat. fat), 9 mg chol., 49 mg sodium, 11 g carb. (1 g fiber, 6 g sugars), 2 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 98 cal., 10 g carb. (5 g sugars).

### Chocolate Tiramisu Cake Roll

**SERVINGS** 12 (1 slice each)  
**CARB. PER SERVING** 27 g or 18 g  
**PREP** 40 minutes  
**BAKE** 15 minutes **COOL** 1 hour  
**CHILL** 2 hours

**½** cup all-purpose flour  
**¼** cup unsweetened cocoa powder  
**1** oz. dark chocolate, grated  
**¼** tsp. baking soda  
**¼** tsp. salt  
**4** eggs, room temperature  
**1** Tbsp. instant espresso coffee powder  
**1** cup sugar\*  
**¼** cup water

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- 1 Tbsp. coffee liqueur or cooled strong coffee  
1 recipe Cream Cheese Filling  
1½ oz. dark chocolate, melted (optional)

1. Preheat oven to 375°F. Grease a 15×10-inch baking pan. Line bottom with parchment paper; grease and lightly flour parchment. In a small bowl stir together the first five ingredients (through salt).
  2. In a large bowl beat eggs and espresso powder on high 5 minutes. Gradually add ¾ cup of the sugar, beating 5 minutes more or until thick. Fold in flour mixture. Spread batter in prepared pan.
  3. Bake 15 minutes or until top springs back when lightly touched. Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled with additional cocoa powder. Carefully peel off parchment. Starting from a short side, roll towel and cake into a spiral. Cool on a wire rack 1 hour.
  4. For syrup, in a small saucepan combine remaining ¼ cup sugar and the water. Bring to boiling over medium heat, stirring to dissolve sugar. Remove from heat. Stir in liqueur; cool.
  5. Unroll cake; remove towel. Brush cake with syrup. Spread with Cream Cheese Filling to within 1 inch of edges. Roll up cake; trim ends. Cover and chill 2 to 24 hours. If desired, drizzle with melted chocolate.
- CREAM CHEESE FILLING:** In a bowl beat 4 oz. light cream cheese spread, softened, on medium until smooth. Gradually beat in 2 Tbsp. fat-free milk. Beat in 2 Tbsp. unsweetened cocoa powder and 1½ Tbsp. coffee liqueur or cooled strong coffee. Fold in 1 cup frozen light whipped dessert topping, thawed. Use immediately or cover and chill up to 24 hours.
- \*SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1 cup sugar, dividing it between the cake and syrup.

**PER SERVING:** 171 cal., 6 g total fat (3 g sat. fat), 69 mg chol., 148 mg sodium, 27 g carb. (1 g fiber, 21 g sugars), 4 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 146 cal., 18 g carb. (12 g sugars).

**PER SERVING:** 322 cal., 9 g total fat (4 g sat. fat), 106 mg chol., 432 mg sodium, 35 g carb. (1 g fiber, 17 g sugars), 24 g pro.

## PROTEIN SPOTLIGHT: GROUND BEEF

*Continued from page 73*

### Pineapple-Bacon Barbecue Burgers

**SERVINGS** 6 (1 burger each)  
**CARB. PER SERVING** 35 g  
**PREP** 15 minutes  
**GRILL** 8 minutes

- 1 egg, lightly beaten
- ½ cup canned crushed pineapple (juice pack), drained
- 6 slices lower-sodium, less-fat bacon, crisp-cooked and coarsely crumbled
- 1 lb. lean ground beef (95% lean)
- 6 Tbsp. barbecue sauce
- 6 sweet sandwich rolls, such as King's Hawaiian brand, split and toasted
- 4 small leaves red leaf lettuce
- 6 slices tomato
- ¼ cup very thinly sliced red onion

1. In a large bowl combine the first three ingredients (through bacon). Add ground beef; mix lightly to combine. (Do not overmix.) Form into six ¾-inch-thick patties.
  2. Grease grill rack. Grill patties, covered, over medium-high heat 8 to 12 minutes or until done (160°F)\*, turning once. Spread top of each burger with 1 tablespoon of the barbecue sauce.
  3. Serve burgers in rolls with lettuce, tomato, and onion.
- \*TEST KITCHEN TIP:** The meat may appear a bit pink after grilling. Use an instant-read thermometer to test doneness.

### Mile-High Beefy Mac and Cheese

**SERVINGS** 6 (1 wedge each)  
**CARB. PER SERVING** 26 g  
**PREP** 35 minutes  
**BAKE** 23 minutes  
**COOL** 15 minutes

Nonstick cooking spray  
¾ cup soft whole wheat bread crumbs  
¼ cup refrigerated or frozen egg product, thawed  
¼ tsp. salt  
¼ tsp. black pepper  
1 lb. lean ground beef (95% lean)  
1 cup dried multigrain elbow macaroni  
2 cups small broccoli florets  
1 cup chopped carrots  
3 Tbsp. light butter with canola oil  
3 Tbsp. all-purpose flour  
1 cup fat-free milk  
4 oz. fat-free cream cheese, cut into small cubes  
1 cup shredded reduced-fat cheddar cheese (4 oz.)

1. Preheat oven to 350°F. Coat a 9-inch pie plate with cooking spray.
2. In a large bowl combine the next four ingredients (through pepper). Add ground beef; mix lightly to combine. (Do not overmix.) Press onto bottom and sides of prepared pie plate. Bake 18 to 20 minutes or until done (160°F).\* Blot with a paper towel to remove excess moisture.
3. Meanwhile, in a large saucepan cook macaroni according to package directions, adding broccoli and carrots the last 4 minutes of cooking; drain in a colander.
4. In the same large saucepan melt butter over medium heat. Stir in flour. Gradually stir in milk. Cook and stir until thickened and bubbly. Cook and stir 1 minute more.

Remove from heat. Gradually stir in cream cheese and  $\frac{1}{2}$  cup of the cheddar cheese until smooth. Stir in macaroni mixture; mound on top of meat mixture. Sprinkle with the remaining  $\frac{1}{2}$  cup cheddar cheese.

**5.** Bake 5 to 7 minutes more or until macaroni mixture is heated through and cheddar cheese is melted. Cool on a wire rack 15 to 20 minutes before serving.

**\*TEST KITCHEN TIP:** The meat may appear a bit pink after baking. Use an instant-read thermometer to test doneness.

**PER SERVING:** 327 cal., 11 g total fat (5 g sat. fat), 65 mg chol., 566 mg sodium, 26 g carb. (3 g fiber, 6 g sugars), 32 g pro.

## EAT YOUR OATS

*Continued from page 91*

### Poppy Seed Oat Waffles with Citrus Syrup

**SERVINGS** 8 (1 waffle section and 2 tablespoons syrup each)  
**CARB. PER SERVING** 26 g or 25 g  
**PREP** 15 minutes  
**BAKE** 15 minutes  
**STAND** 5 minutes

$\frac{2}{3}$  cup all-purpose flour  
 $\frac{1}{2}$  cup oat bran  
 $\frac{1}{3}$  cup whole wheat flour  
2 Tbsp. flaxseed meal  
1 Tbsp. sugar\*  
2 tsp. poppy seeds  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{3}{4}$  cup fat-free milk  
 $\frac{1}{4}$  cup refrigerated or frozen egg product, thawed, or 1 egg, lightly beaten  
 $\frac{1}{4}$  cup water  
3 Tbsp. canola oil  
1 tsp. vanilla  
1 recipe Citrus Syrup

- In a medium bowl stir together the first eight ingredients (through salt). Make a well in center of flour mixture.
- In a small bowl combine the next five ingredients (through vanilla).

Add milk mixture all at once to flour mixture; stir just until moistened (batter should be slightly lumpy).

**3.** Lightly grease and preheat a standard waffle baker. Pour half of the batter (about 1 cup) onto grid, spreading to cover. Close lid quickly; do not open until done. Bake until golden and crisp. Using a fork, lift waffle off grid. Repeat with the remaining batter. Serve warm with Citrus Syrup and the remaining orange slices.

**CITRUS SYRUP:** Peel and slice 2 medium navel oranges, reserving juice. In a small saucepan combine the reserved orange juice,  $\frac{1}{2}$  cup water, 1 Tbsp. cornstarch, and 1 Tbsp. honey. Cook and stir over medium heat until thickened and bubbly. Add half of the orange slices (reserve the remaining slices until ready to serve). Cook and stir 2 minutes more. Remove from heat. Stir in 1 Tbsp. lemon juice.

**\*SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1 tablespoon sugar.

**PER SERVING:** 173 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 190 mg sodium, 26 g carb. (3 g fiber, 8 g sugars), 5 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 171 cal., 25 g carb. (7 g sugars).

### Spiced Anytime Oatmeal

**SERVINGS** 10 ( $\frac{1}{2}$  cup each)  
**CARB. PER SERVING** 35 g or 29 g  
**PREP** 25 minutes  
**BAKE** 10 minutes  
**COOK** 30 minutes  
**STAND** 5 minutes

$\frac{1}{2}$  cups steel-cut oats  
3 cups water  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. ground allspice  
 $\frac{1}{2}$  tsp. ground ginger  
 $\frac{1}{2}$  cups fat-free milk  
 $\frac{1}{2}$  cup packed brown sugar\*  
1 cup shredded carrots  
 $\frac{1}{2}$  cup snipped dried apricots

**1** cup coarsely chopped toasted pecans

**1.** Preheat oven to 350°F. Spread oats in a shallow baking pan. Bake 10 minutes or until lightly toasted, stirring twice.

**2.** In a large saucepan combine toasted oats and the next five ingredients (through ginger). Bring just to boiling; reduce heat. Simmer, covered, 15 minutes. Stir in milk and brown sugar. Simmer, covered, 15 to 20 minutes more or just until oats are tender and liquid is nearly absorbed, stirring occasionally. Stir in carrots and apricots.

**3.** Let stand, covered, 5 minutes. Spoon desired number of servings into cereal bowls. Sprinkle each with about  $1\frac{1}{2}$  tablespoons of the pecans.

**\*SUGAR SUBSTITUTE:** Choose Splenda Brown Sugar Blend. Follow package directions to use product amount equivalent to  $\frac{1}{2}$  cup brown sugar. Do not use sugar substitute when oatmeal will be stored in the freezer.

**TO REFRIGERATE:** Prepare as directed through Step 2. Let stand, covered, 20 minutes. If needed, stir in additional milk,  $\frac{1}{4}$  cup at a time, to reach desired consistency. Transfer to a large bowl. Cover and chill up to 5 days. To reheat individual servings, spoon  $\frac{1}{2}$  cup oatmeal into a cereal bowl; cover loosely with plastic wrap. Microwave on 50% power (medium)  $\frac{1}{2}$  to 2 minutes or until heated through, stirring once. Sprinkle with about  $1\frac{1}{2}$  tablespoons of the pecans.

**TO FREEZE:** Prepare as directed through Step 2. Let stand, covered, 20 minutes. If needed, stir in additional milk,  $\frac{1}{4}$  cup at a time, to reach desired consistency. Spoon into lightly greased  $2\frac{1}{2}$ -inch muffin cups, using  $\frac{1}{4}$  cup oatmeal for each cup; smooth tops. Cover and freeze 4 to 6 hours or until firm. Transfer frozen oatmeal cups to a plastic freezer bag; seal and place in an airtight container. Freeze up to

# RECIPES

3 months. To reheat individual servings, place two frozen oatmeal cups in a cereal bowl; cover loosely with plastic wrap. Microwave on 50% power (medium) 2 minutes. Break up oatmeal. Microwave 2 minutes more; stir. Microwave 1 to 2 minutes more or until heated through. Sprinkle with about 1½ tablespoons of the pecans.

**PER SERVING:** 231 cal., 9 g total fat (1 g sat. fat), 1 mg chol., 146 mg sodium, 35 g carb. (4 g fiber, 16 g sugars), 6 g pro.

**PER SERVING WITH SUBSTITUTE:** Same as above, except 213 cal., 29 g carb. (10 g sugars).

## THE FACTS ON FATS

*Continued from page 95*

### Grilled Salmon Salad with Raspberry-Walnut Vinaigrette

**SERVINGS** 4 (1½ cups salad and 1 salmon fillet each)

**CARB. PER SERVING** 26 g

**PREP** 20 minutes

**COOK** 10 minutes

**GRILL** 13 minutes

2 cups fresh raspberries  
3 Tbsp. white balsamic vinegar  
1 Tbsp. honey  
1 Tbsp. walnut oil  
½ tsp. salt  
¼ tsp. black pepper  
2 cups cherry tomatoes  
4 4-oz. fresh skinless salmon fillets  
1 red onion, cut crosswise into ½-inch-thick slices  
4 cups baby arugula  
¼ cup reduced-fat feta cheese  
2 Tbsp. chopped walnuts

1. In a small saucepan combine raspberries, vinegar, and honey. Cook and stir over medium heat until berries have broken down and sauce thickens slightly, 10 to 12 minutes. Strain through a fine-mesh sieve, using a spoon to press as much liquid through as possible. Discard seeds. Let cool. Whisk oil,

¼ teaspoon of the salt, and ⅛ teaspoon of the pepper into the berry liquid.

2. Using tongs, transfer tomatoes to a grill rack or grill basket on a grill directly over high heat. Cover and grill 3 to 4 minutes or until charred and starting to burst open. Remove from grill; reduce heat to medium.
3. Lightly coat the salmon with *nonstick cooking spray*. Season with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place salmon on the greased grill rack directly over medium heat. Cover and grill 4 to 6 minutes per ½-inch thickness of fish or to desired doneness, turning halfway through grilling.
4. Place onion slices next to salmon on grill rack. Cover and grill 10 minutes or until charred and just tender, turning once halfway through grilling.
5. On a platter arrange arugula, grilled onion, grilled tomatoes, feta, and walnuts. Drizzle with vinaigrette and top with salmon.

**PER SERVING:** 342 cal., 15 g total fat (3 g sat. fat, 7 g poly. fat), 67 mg chol., 436 mg sodium, 26 g carb. (6 g fiber, 17 g sugars), 27 g pro.

### Vegetable and Tofu Soup

**SERVINGS** 4 (1¾ cups each)

**CARB. PER SERVING** 19 g

**PREP** 15 minutes

**MARINATE** 2 hours

**COOK** 10 minutes

- 1 12-oz. pkg. extra-firm tofu, cut into ¾-inch cubes
- 1/3 cup oil-packed dried tomatoes, drained and finely chopped
- 2 Tbsp. olive oil
- 1 tsp. dried Italian seasoning, crushed
- Nonstick cooking spray*
- 2 cups reduced-sodium chicken broth
- 1 14.5-oz. can no-salt-added diced tomatoes with basil, garlic, and oregano
- 8 oz. fresh button mushrooms, sliced

½ cup fresh or frozen green peas, thawed  
½ cup 1-inch pieces asparagus  
½ cup chopped bottled roasted red peppers  
¼ cup sliced green olives  
Shaved Parmesan cheese (optional)

1. Place tofu in a resealable plastic bag set in a shallow dish. Add dried tomatoes, oil, and Italian seasoning. Seal bag; turn to coat. Marinate in the refrigerator 2 to 4 hours.
2. Coat a 5- to 6-quart Dutch oven with cooking spray. Heat over medium-high heat. Add tofu and marinade. Cook 5 to 8 minutes or until tofu is browned, turning once halfway through. Add broth and canned tomatoes. Bring to boiling. Add mushrooms, peas, and asparagus. Reduce heat; simmer, uncovered, 5 to 7 minutes or until vegetables are tender. Stir in roasted red peppers and olives; heat through. If desired, garnish with cheese.

**PER SERVING:** 259 cal., 15 g total fat (2 g sat. fat, 2 g poly. fat), 0 mg chol., 574 mg sodium, 19 g carb. (10 g fiber, 11 g sugars), 16 g pro.

### Peanut-Cilantro Chicken Pasta

**SERVINGS** 4 (1½ cups each)

**CARB. PER SERVING** 29 g

**START TO FINISH** 40 minutes

3 cups packed cilantro leaves and stems (3 oz.)  
½ cup salted dry-roasted peanuts  
½ cup unsweetened soymilk  
2 Tbsp. rice vinegar  
1 Tbsp. reduced-sodium soy sauce  
2 cloves garlic, minced  
¼ tsp. crushed red pepper  
2 medium carrots, peeled  
1 small zucchini (about 6 oz.), trimmed  
3 oz. dried brown rice pad thai noodles, such as Annie Chun's brand

**1** red sweet pepper, cut into thin strips  
**1** tsp. canola oil  
**12** oz. skinless, boneless chicken breast halves, cut into bite-size pieces  
**1** tsp. toasted sesame seeds  
Lime wedges

- 1.** In a food processor combine cilantro,  $\frac{1}{3}$  cup of the peanuts, the soymilk, vinegar, soy sauce, garlic,  $\frac{1}{2}$  teaspoon salt, and crushed red pepper. Cover and process until nearly smooth.
- 2.** Using a vegetable peeler, peel carrots and zucchini into long, thin ribbons.
- 3.** In a large pot cook noodles according to package directions, adding the carrots and red sweet pepper during the last 1 minute of cooking. Drain.
- 4.** Meanwhile, in a large nonstick skillet heat oil over medium heat. Add chicken and cook 4 minutes or until no longer pink. Add cilantro sauce. Stir in pasta mixture and zucchini. Chop remaining peanuts. Garnish mixture with chopped peanuts, sesame seeds, and lime wedges.

**PER SERVING:** 349 cal., 14 g total fat (2 g sat. fat, 6 g mono. fat), 62 mg chol., 587 mg sodium, 29 g carb. (5 g fiber, 6 g sugars), 28 g pro.

## BUDGET MEALS FOR 2

*Continued from page 98*

### Spring Green Frittata

**SERVINGS** 2 ( $\frac{1}{2}$  frittata each)

**CARB. PER SERVING** 7 g

**START TO FINISH** 25 minutes

2 eggs, lightly beaten  
4 egg whites  
2 Tbsp. fat-free milk  
1 tsp. snipped fresh chives  
 $\frac{1}{4}$  cup finely shredded Parmesan cheese (1 oz.)  
2 tsp. olive oil  
 $\frac{1}{2}$  cup  $\frac{1}{2}$ -inch pieces asparagus

$\frac{1}{4}$  cup sliced green onions  
 $\frac{1}{2}$  cup coarsely chopped spinach leaves  
1 clove garlic, minced  
1 small roma tomato, chopped

- 1.** Preheat broiler. In a small bowl combine the first four ingredients (through chives) and  $\frac{1}{8}$  teaspoon black pepper; stir in 2 tablespoons of the cheese.
- 2.** In a small nonstick broilerproof skillet heat oil over medium heat. Add asparagus and green onions; cook and stir 2 minutes. Add spinach and garlic; cook 30 seconds or just until spinach is wilted.
- 3.** Pour egg mixture into skillet; reduce heat to low. Cook, covered, 10 to 12 minutes or until nearly set. Sprinkle with remaining 2 tablespoons cheese.
- 4.** Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until top is set and cheese is melted. Top with tomato.

**PER SERVING:** 214 cal., 12 g total fat (4 g sat. fat), 195 mg chol., 377 mg sodium, 7 g carb. (2 g fiber, 4 g sugars), 18 g pro.

## NO MORE HIDING

*Continued from page 50*

up to that point.

I called my therapist.

"You called 911 and had the presence of mind to get ahold of his wife and put her in touch with the medics?" he asked.

"Yeah," I said.

"Dan, do you realize you have terrific survival instincts?" he said. "Not everybody can do that."

"What about the eating?" I asked.

"So you did some emotional eating," my therapist said. "Are you still eating?"

I wasn't.

"Do you plan to keep eating that way for the rest of the day or longer?" he asked.

I didn't.

"Then you're probably going to be OK," he said. "Incidents happen. You deal with them. Whether you know it or not, your coping skills are excellent. How do you feel now?"

I thought of Jimmy Chitwood, the high school basketball phenom from *Hoosiers*, in the final scene during the state championship when the team wants him to take the last shot.

"I'll make it," I said.

And I did.

## No Cold Turkey

All the things Jacque taught me about food were not shocking.

Eat fresh fruits, green vegetables, and lean meats. Avoid junky carbs and sugars.

But the day-to-day process is slow. I didn't go cold turkey on anything. I gave up my beloved liquid candy—Mountain Dew—over time, finally weaning myself from it entirely after a full month.

I switched from 2 percent milk to skim.

I let go of morning orange juice. I started measuring things.

If I wanted some baked potato chips, fine. But I was going to measure a single serving—1 ounce—and stick to that. Salad dressing was measured by tablespoons.

Sometimes it's tedious, but I feel good when I've stayed at or below my calorie goal by the end of a day. I feel better when I see a smaller number on that scale at monthly weigh-ins.

The food changes aren't as stressful as I had imagined.

I envisioned myself dashing into a gas station in the middle of the night, holding my face under the Mountain Dew spigot, gulping down as much as I could, letting its sticky goodness roll over my cheeks until the police came to haul me away to the county hospital for a mental health evaluation.

*Continued on page 118* ➤

# NO MORE HIDING

*Continued from previous page*

The truth was less dramatic. My overeating tends to be driven by feelings rather than cravings. So a lot of the things I ate and drank were out of habit and routine.

*It's morning; have a glass of O.J. Anytime is a good time for a Dew. But I've become accustomed to the flavor of diet pop, so much so that sometimes I ask waitresses if they're sure they didn't pour me regular by mistake. (They haven't yet.)*

I found other substitutes. Instead of OJ, I eat a grapefruit. Sometimes instead of pop, I pick zero-calorie sports drinks.

All the calorie counting and exercise can be frustrating, sure.

My parents host an annual Fourth of July party with all the fixings: homemade pork and beans, grilled pork and brisket, coleslaw, my mother's magnificent potato salad, a table of desserts so sweet they could melt a blood sugar monitor.

Both my therapist and my dietitian remind me of moderation. No foods are banned, just limited.

So last Fourth, I carefully planned what I was going to eat. I figured a cup each for my favorites. But I forgot the homemade pineapple sherbet, a once-a-year treat that's tied to so many fond memories of that party and my childhood.

When I thought I couldn't have that cup of ice cream, I nearly cried.

Then I remembered: not banned, just limited.

So I had a cup.

And I still lost weight at my next weigh-in.

*That is winning.*

I've been doing a lot of that since this recovery started.

I think it has to do with seeing the therapist at the same time. He helps me try to figure out the emotional hole inside of me and why, for most of my life, I've tried to fill it with buying things I don't need with money I don't have or with food.

One bankrupted me, and the other wrecked my health.

I'm dealing with all of it.  
I'm a work in progress.

## Victory Laps

The first big win came through physical therapy.

I'm an introvert by nature. I don't do well with group exercise. But the one-on-one with Stefanie allowed us to build a trusting relationship.

She would explain an exercise to me. I would tell her I couldn't do it. She was sure I could. Then I did.

One day I was late to therapy—some issue at work had put me behind. I was angry and upset because I wouldn't get a full 40-minute workout.

Stefanie and I worked fast and hard, but only for about 20 minutes. She had to move on to her next patient. I was disappointed.

"You're welcome to stay and walk the track for a while," she said.

I walked for almost an hour.

The other therapists joked I was going to wear a hole in the carpet.

The clinic was about to close when Stefanie was finishing up with her last patient. I was leaning against the pop machine drinking a cup of water.

"Have you been walking this whole time?" Stefanie asked.

I had.

"Did you stop because you were in pain?" she asked.

"No," I said. "I just got tired."

She nodded and made a note in her chart.

When our next visit came, Stefanie told me that day was the turning point in my treatment.

"Most people would have gone home," she said. "But you stayed and kept walking. I knew you were going to be OK."

She was right.

On my first visit, I made just one lap. Two weeks later, I made 10. The next walking test, I made 20. And on

one of my later visits, I zipped through 40 laps.

"You know, I could have done more," I told Stefanie.

"I'm sure you could have," she said. She gave me a high five. She asked how I felt.

"Good," I said. "Really good. Strong. Like I'm gonna make it."

"You're on your way," she said. Win.

## Keep On Moving

Since this process began, I've lost more than 75 pounds.

People say I look slimmer. My pants are baggier. My belt is so loose it's useless.

And I do feel stronger. I can make it up a couple flights of stairs.

The mailbox or a mile walk won't cripple me.

I sleep better.

Yeah, I'm still obese, but my BMI has dropped from 64 to 59.

I figure it'll take four years or more to hit my target weight and the rest of my life to stay healthy.

That's why I use the word *recovery* instead of *diet*. I may one day be fit again, but I have to remember that I will always have the potential to relapse.

This is something I am determined to prevent.

Sure, some days I would give anything for a deep-dish pizza. Many days, if not most, I want to blow off exercise and sit in my house and not be seen.

And again I think of the wheelchair.

Then I stand up and get moving.

Because there's just one direction I'm headed right now: forward.

**DANIEL P. FINNEY** is a columnist for the *Des Moines Register*. You can follow his efforts to lose 300 pounds and regain his health on his candid and riveting blog at [desmoinesregister.com/makingweight](http://desmoinesregister.com/makingweight).

# recipes in this issue

	Page	Gluten-free*	30 minutes or less or less carb.	30 grams carb. or less	Page	Gluten-free*	30 minutes or less or less carb.	30 grams carb. or less
<b>Beverages</b>					<b>Chicken &amp; Turkey</b>			
Blackberry Tea Sangria	120	•		•	Cherry Chicken Lettuce Wraps	111	•	•
Blueberry Tom Collins	81	•	•	•	Chicken, Kiwi, and Avocado Salad	111	•	•
Coconut-Grape Bellini	80	•		•	Curried Chicken Apple Wraps	97	•	•
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Spiced Anytime Oatmeal	115				<b>Meatless Main Dishes</b>			
<b>*Gluten-free:</b> These recipes are designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease. Check the ingredients lists on foods you use in these recipes to ensure they do not contain gluten.					Avocado Egg Chilaquiles	98	•	•
					Bean and Veggie Patties	97		
					Spring Green Frittata	117	•	•
					Vegetable and Tofu Soup	116	•	•
					<b>Side Dishes</b>			
					Cauliflower, Green Pea, and New Potato Salad	110	•	•
					Wheat Berry and Fava Bean Salad	59		•

**\*Gluten-free:** These recipes are designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease. Check the ingredients lists on foods you use in these recipes to ensure they do not contain gluten.

# a sweet ending

BY Carla Christian, RD, LD  
PHOTO BY Jason Donnelly  
FOOD STYLING BY Jennifer Peterson

Relax with loved ones on a sunny spring day with this refreshing sangria recipe.



## Blackberry Tea Sangria

In a saucepan stir 1 bottle red Zinfandel (750 ml), 1 bottle chilled unsweetened iced tea (18.5 oz.), and 1/4 cup sugar over medium-high heat until sugar dissolves. Remove from heat; cool completely. In a pitcher mash 6 oz. blackberries and slices from 1 orange. Add wine mixture; cover and chill 4 hours. Pour sangria into 8 glasses; garnish with another 6 oz. blackberries and mint leaves. Top each glass with 1/2 cup sparkling water, such as Hint Fizz blackberry. **Per glass:** 133 cal., 15 g carb. (10 g sugars).

### A PERK FOR YOU

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